A

SUCCESSFUL METHOD

OF TREATING

THE GOUT

BY BLISTERING,

[PRICE TWO SHILLINGS.]

A

SUCCESSFUL METHOD

OF TREATING

THE GOUT

BY BLISTERING.

WITH

AN INTRODUCTION,

CONSISTING OF

MISCELLANEOUS MATTER.

BY WILLIAM STEVENSON,
PHYSICIAN AT WELLS.

—— Dolor eſt Medicina Doloris.
The cauſtic thus the ſurgeon's hand applies,
The phlegmon kindles, and the bliſters riſe;
Life's injur'd operations to reſtore,
And plant Health general on a partial ſore.

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CONTENTS.

INTRODUCTION,
Conſiſting of Miſcellaneous matter, page 5.

CHAPTER I.
Of the Nature of the Gout, page 41.

CHAPTER II.
Of the Cure of the Gout, page 81.

TWO CASES,
Illuſtrative of the Writer's practice, p. 157.

Preparing for the Preſs, by the Author hereof,

AN ESTIMATE

OF THE

POWERS of MEDICINE,

(the *Nervous*, *Alterative* Claſs chiefly)

IN THE

CURE of DISEASES.

MANCHESTER MEDICAL SOCIETY

INTRODUCTION.

VITA BREVIS, ARS LONGA, is an adage no leſs juſt than ſarcaſtic and humiliating. The older men grow, they ſee the propriety of it the more. Phyſic, like other practical ſciences, began on ſimple principles at firſt. The operations of the human body were obſerved to be ſimple, entirely regulated by what was taken in and what was thrown out. A due proportion between theſe conſtituted health; health preſerved inſured old age; and old age alone put a period to life. As the proportion varied, health and the duration of life varied. In the progreſs of ſociety, the cultivation of land, and commercial intercourſe among nations, the ſcience of phyſic underwent material changes,

along with the manners of the people; and as theſe grew more civilized, effeminate, and luxurious, phyſic became a more intricate, complex, and laborious ſtudy, more intereſting to ſociety, and more lucrative to its profeſſors. It is a melancholy fact in the hiſtory of our ſpecies, that vice and exceſs are the parents of induſtry and arts. Mankind, in the ſimplicity of their deſires, and the fewneſs of their wants, had nothing to do but partake of the bounty of Nature ſpontaneouſly offered them. Theſe, with the habitual exerciſe attendant on ſuch a ſtate, preſerved their bodies from one half of thoſe complaints that, in modern times, debilitate the conſtitution, and abbreviate life.

Diseases are but conſtitutional efforts to throw off redundances from the ſyſtem, more or leſs offending, by their degree of acrimony, in proportion to the time they have remained ſtagnating in the habit. Theſe efforts (diſeaſes) become the more frequent, according as luxury and exceſs load and obſtruct the animal œconomy, by throwing into the circulation indigeſted, ſharp, crude juices.

If

If theſe efforts of Nature to unload and diſencumber herſelf are not made at particular periods of life and ſeaſons of the year, according as people overact the demands of neceſſary nouriſhment, by eating and drinking too much, (eſpecially the former) it is remarkable that apoplexies and palſies ſuddenly attack and carry off patients, or render the miſery of living more intolerable than death. The multiplication, therefore, of diſeaſes, is in conſequence of our multiplying the indulgences of life at table, eating and drinking more from habit and faſhion, than the neceſſitous calls of hunger and thirſt: whence doctors of all deſcriptions are likewiſe multiplied, and the art of healing is become endleſsly involved, and difficult to acquire; inſomuch, that a man may fall a ſacrifice to ſome climacteric illneſs before he ſhall have academically or clinically qualified himſelf to undertake the cure of maladies. But is there not a miſtake both in modern theory and practice? I think ſo, and that there is a ſimplicity, a unity in diſeaſes little apprehended by the Faculty. This will appear more fully when the Gout comes under ob-

ſervation. In this place ſome farther general remarks would ſeem a proper introduction to the principal ſubject.

THE above medical axiom has been adopted on the principles of common ſenſe, that ſenſe alone the Almighty would not wiſh us to reſtrain. It was firſt ſuggeſted by that vivacity of diſcernment which penetrates farther into the nature of things in one auſpicious moment, than the labour of inveſtigation has ever been able to do in the progreſs of an age. It is at once a matter of fact, and the keeneſt ſatire: a matter of fact confirmed by the teſtimony of all times and nations; and a ſpecies of ſatire that wounds our feelings leſs from reading, than from every day's experience.

THAT life is ſhort all men, the Philoſopher, the Academic, the Legiſlator, the Man of Buſineſs, and the Man of Pleaſure, confeſs and regret, though from very oppoſite principles and convictions.

Nihil tam prope, tam procul que.

THE

The Philoſopher, after having revolved a ſublime ſyſtem of Nature in his thoughts, and outlined an imperfect draught of it on paper, to aſtoniſh and inſtruct the world; brought the golden God of Day, the ſilver Majeſty of Night, and Saturn invironed by his Moons, to move in lines *almoſt* of his own drawing, in orbits *almoſt* of his own creation; feels himſelf ſuddenly ſeized by a diſorder his philoſophy at firſt teaches him to deſpiſe, but which at length faſtens on his conſtitution ſo ſtrongly as to baffle all his precepts, and all the efficacy of medical advice. Living in his works, in hope, and in the admiration of mankind, he — dies!

The Academic, amid the groves of Science, the retreats of Literature, and walks of the Muſes, moving the ſuperior figure of each ſcene, becomes all at once overwhelmed with languor, laſſitude, and debility, from the dews and damps that ſurround him acting on ſome inward pre-indiſpoſition: his muſcles grow flaccid, his joints yield under the preſſure of a load unfelt before, his pen moves tremulous in his hand, while the

the vigour of his fancy, and the powers of his imagination, ſtill continue to lift him above himſelf. Wondering what can ſo forcibly act on the remote channels, while the ſpring-head, the brain, feels itſelf undecreaſingly ſupplied and overflowing, his friend, his phyſician, is ſent for. He finds his patient's countenance altered; with all his exertions of ſentimental pride to keep it up, his look, once expanded and lit up by the ſplendour of genius, on the fade, and appearances all againſt his preſcriptions. He however tries the efficacy of art, but tries in vain. His patient's conſtitution gives way by gentle declenſions, till at length, with a ſort of intellectual vivacity ſuperior to diſſolution, he — rather ceaſes to breathe than to be.

The Legiſlator, after having paſſed, with equal aſſiduity and honour, through the introductory, diverſified proceſs of education, for the Senate, or the Cabinet, compleats, on this foundation, the ſuperſtructure, by an actual ſurvey of the capital nations of the world, their living manners, character, cuſtoms,

toms, and police. Thus accompliſhed, the expectation of mankind, and the darling hope of his country, he juſt begins to accommodate his vaſt acquirements of knowledge and legiſlation to the practical line of buſineſs, the high concerns of national virtue, proſperity, and glory, when the latent diſeaſe of his conſtitution, which perhaps in the ſame proportion acquired ſtrength, as he acquired wiſdom and learning, becomes too mighty any longer to lie concealed, putting on the alarming form of irregular gout, apoplexy, palſy, cholic, or ſtone. The oracles of medical ſcience are conſulted; who, like other oracles, ſhroud themſelves in gueſs and ambiguity, retail out their miſtaken aſſurances; but behold (their learned reſponſes yet quivering on their lips) the lamented patient is carried off in the paroxyſm of a few minutes; the object of every eye, of every wiſh, of every prayer! He who had aſcended ſo many glorious ſteps above the level of humanity, ſtruck off the liſt of life like the meaneſt of the wretched crowd that gathered round the foot of the ladder!

THE Man of Buſineſs, through the ſervility and drudgery of an apprenticeſhip, arrives at a ſtock of his own, and embarks on the common bottom of credit and traffic. After a variety of perplexities, hopes, diſappointments, infinite application, and unremitting patience, he acquires a handſome competence for himſelf and perhaps a numerous family; but in the moment of retiring from hurry and fatigue, to enjoy the ſweets of eaſe and independence, he is arreſted by ſome threatening malady, the conſequence of long intenſe application, and corroding anxiety of mind. He ſtill beholds life with confident looks of attachment, depending on ſome popular phyſician, whoſe preſence, alas! fruſtrates the expectations he had formed of him in his abſence. He conſults the hoary Son of Science with eager ſolicitude, he follows his preſcriptions, and he—goes where his phyſician would not chuſe to follow him!

THE Man of Pleaſure, having ſeen a deſirable revolution come about, his father fallen aſleep with his anceſtors, and he himſelf arrived at the central point of all his expectations,

tions, the poſſeſſion of an ample fortune, and having nothing to reſtrain his propenſity to voluptuouſneſs and ſenſual gratification, except what he neither hears nor ſees, his conſcience; he extends his ſphere of enjoyments in proportion to the extent of his rents, and conſidering a modern fine Gentleman as particularly marked to throw off the unfaſhionable reſtraints of moral decorum, he ranges glorioufly thro' all the dædal paradiſe of the eye and appetite, does honour to the *apprehended* deſtination of his being, eats and drinks to perpetual ebriety and ſtagnation of deſire, and riots in every ſpecies of lewd debauch. Nay, not ſatisfied with repetitions of ſuch indulgences, he even wonders that his Maker ſhould have fixed terminations to enjoyment by appointing an interregnum of the paſſions in ſatiety, and in ſleep. His wonder increaſes as his appetites grow more importunate, tho' jaded. A univerſal decline of conſtitution ſucceeds, at once abates his wonder, and iſſues in ſome incurable diſeaſe, though he languiſhes for ſome time under the infirmities of artificial old age, being beyond his grand climacteric at thirty. To imbitter

imbitter his laſt moments, and add the moſt poignant inſult to deſpondence, his Doctor, perhaps he who had been his companion occaſionally, his ſilent critic during a long run of intemperance, approaches his bed, makes a general enquiry into ſymptoms, feels his ſcarcely perceptible pulſe, ſteals a look of his countenance, — no longer the brightened countenance of a man!—and gives him the ſtrongeſt aſſurances of — dying eaſy, his conſtitution being broken down beyond any painful degree of ſtruggle. Unhappy man! He never thought of dying till he was more than half dead with vice and debauch, depending on his conſtitution more than on his own care of it; on the eventual aid of phyſic, more than on the reſources of moderation and ſelf-denial. Recollection and repentance often come too late. With an effort to live, ſcarcely amounting to a groan, he expires!

The Writer has taken occaſion to throw a conciſe view of Human Life, as ſubſiſting in its higher orders, into the foregoing picture. Neither the lights nor ſhades ſhould ſeem to be heightened beyond the reality, though

though the drapery be ſomewhat novel. The Reader acquainted with the World, who has accuſtomed himſelf to reflect on the various characters, circumſtances, and incidents, that paſs in review before him on the great theatre of life, and who has a ſtandard within himſelf, by which every object is tried and arranged; ſuch a perſon, he flatters himſelf, will feel the force of what he has attempted to repreſent in an affecting manner. Books on phyſic are commonly ſo dry and inſipid, that no one thinks of reading them but as ſchool-books or dictionaries. Could phyſic, and an engaging manner of writing, meet in the ſame author, phyſic would ſoon become a matter of plain ſenſe and intereſting curioſity. But as it is now technically and myſteriouſly kept up a learned ſecret among thoſe only who *make* by it, men in general are better acquainted with the conſtitutions and health of their hounds and their horſes, than with their own. We give up our ſouls to prieſts, and our bodies to phyſicians, as if God had given us no property in either; or as if the one could not be ſaved, or the other preſerved, in health without fees. We ſo implicitly

plicitly give up theſe higheſt of concerns to others, (though we will not give up the moſt trifling argument or opinion) that we may be ſaid to belong to others, and not to ourſelves.

He who would have his mind impreſſed with an undeceiving idea of truth, muſt have that principle within him awakened which is an appendage of his being, and is an attribute of humanity; not the offspring of faſhion, the reſult of habit, or the concomitant of ſyſtem. His boſom muſt expand, his heart be thrown into the thrillings of ſenſibility, while his head gives creation to the endleſs diverſities of hypothetic reaſoning; elſe he will exhibit the reſemblance of a compaſs without its needle to aſcertain the cardinal points, or thoſe latitudes he may approach with ſafety and good fortune.

It muſt be with a ſenſation of regret and pity that we ſee the moſt excellent perſons, the moſt ſhining characters, our deareſt friends, relations, companions, guardians, and inſtructors,

tors, cut off in the midſt of their days, having ſcarcely lived half their time amongſt us! Conſidering how extremely ſmall the number of ſuch valuable people are, in compariſon with the motley aggregate of mankind, to be deprived of them would ſeem an irreparable loſs: to be deprived of them ſuddenly and unexpectedly, aggravates and complicates the diſtreſs. Under the dominion of paſſions and reflections crowding on us from occurrences of this nature, we are ſometimes apt undutifully to withdraw from Providence that veneration and reſpect it juſtly challenges from all; as if it were poſſible for Heaven to be ever deficient in integrity of deſign, wiſdom of appointment, or uniformity of conduct. But the matter lies not with God, but with man.

Our gracious Creator, as already noticed, deſigns every man to die of old age merely, not ſuddenly like the ſnail cruſhed under foot, or the oyſter devoured by the mouth. The human frame is ſo admirably conſtructed, ſo exquiſitely adjuſted, that barring adven-

titious obſtructions, it will laſt till its own attrition either wears away the parts, or, otherwiſe, conſolidates them ſo as to be unfit for the circulation and ſecretion of fluids. When a patient, therefore, is attacked at the moment, and notwithſtanding he has been attended by the moſt noted of the Faculty, is hurried into the other world, it is juſtly preſumable of ninety caſes in a hundred, that the diſorder has been miſtaken and ignorantly treated. — Sudden deaths, in general, are *living* ſatires on phyſicians, if they have not expreſsly foretold them, and prepared relations for the event. Where there is no vital organ decayed or deſtroyed, proper internal or external evacuations, diſcreetly ſuſtained, will always prevent ſudden death. Of courſe, when deaths of this deſcription happen, the phyſician in waiting has been either groping in the dark, or has raiſed his apothecary's file at the expence of his patient. This is an awful conſideration! Yet, notwithſtanding, repeated inſtances of this ſort are ſoon forgotten, eſpeally in large cities, ſuch as London, York, Bath, Briſtol, while the routine of deaths

and

and fees continue to go as regularly on as the ſhadows of a dial. Let a phyſician have once a name, a ſnug circle of friends (and particularly female ones, whoſe learning cannot dip deep into the merits of the cauſe) to defend and ſupport him; and, like Saul, he may kill his thouſands when he pleaſes. —It is impoſſible on this ſubject not to uſe the philoſophical along with the medical pen. The philoſopher and phyſician ſhould form one character. When they do not, there is a chaſm which nothing elſe can fill up. All profeſſions are apt to degenerate into pedantic prudery and technical formality, if not relaxed, ſoftened and expanded by true philoſophy. Heat and light conſtitute the ſun. Were he all heat without light, we ſhould be groping ſpectacles of miſerable darkneſs; and if all light without heat, no better than immoveable figures of torpid rareſhow. Every philoſopher may not be a phyſician, but every phyſician ſhould be a philoſopher. To have ſtudied and adopted the ſyſtems of an Hippocrates, a Galen, a Sydenham, or a Boerhaave, may intitle a man to the emolu-

ments and badges of his profeſſion, a big wig, cane, chariot, and fees, and qualify him to paſs without ſtricture among the millions that ſeldom think; but they will never inſure him rational ſucceſs, if he follows them as blindly as our clergy do their creeds, or beſtow on him that leaſt periſhable of all gratuities, the conſciouſneſs of having acted upon principle, and the proper information of his own mind. Let me add to this, that bigoted attachment to ſyſtem * is of fatal conſequence not only in religion, but in phyſic, as it plauſibly precludes perſonal exertion and enquiry, conſequently, impedes the extenſion of knowledge.

* Two celebrated men have made themſelves remarkable in this way, Dr. Cullen of Edinburgh (formerly my much reſpected maſter) and the late Dr. Macbride of Dublin. They have drawn out the catalogue of diſeaſes to ſo minute and wire-attenuated a length, divided and ſub-divided the claſs of diſorders with ſuch ſubtile preciſion, that they have left them diſtinguiſhable from one another in *name*, without any difference in *nature*. By which practitioners are drawn aſide to preſcribe for a *technical term*, inſtead of a real characteriſtic diſeaſe. There is a ſimplicity and plainneſs in the diagnoſtics of diſeaſes which have not yet been hit upon. Perhaps all the diſeaſes of the human body may be comprehended within a *ſcore*.

If you aſk a member of a national church what perſuaſion he is of, what are his tenets; he will anſwer, I believe as the Church believes. And what doth the Church believe? All that is contained in the thirty-nine articles, the three creeds, and the book of canons. Strange! Then it is not *your* religion, but that of a ſet of men who thought for you before you were born, in the days of Henry and Edward, kings of England. In like manner aſk a graduate in phyſic what is his medical creed, his formulary of practice? His anſwer will be: Mine, Sir, is that of the College. And whence had the College its ſources of knowledge and experience? From the venerable Fathers of Phyſic high up in antiquity. Then you allow that all our eminent profeſſors of the healing art have undertaken and do undertake the important buſineſs of ſaving the lives of mankind on the ſtock and materials of others? Yes; and what more ſafe, conſiſtent method can ingenuity guided by diſcretion deviſe, than the aggregate experience of ages, the reſearches of grave, wiſe, learned, acute, liberal men? None, I allow you, but *that*

originating from a man's *own* gravity, wiſdom, learning, acuteneſs, and liberality. The human underſtanding well initiated into preliminary ſcience, and afterwards proceeding on perſonal experience, ſupercedes all the *ipſe dixits* and precedents of the ſchools. And till a practitioner knows from obſervation the effect of a particular medicine, from proofs occurring under his own eye, and that medicine be unaſſociated in trial with others, and ſo onward through all the articles of the *Materia Medica*, if by the adminiſtration of it he cures, the merit wholly belongs to another; and if he fails to cure, the demerit is all his own by adoption.

I AM ſorry to make the remark, but inſtead of this ſpecific knowledge of diſeaſes, we arrange them in our pocket-books by name, and preſcribe for them accordingly. There is a faſhion in phyſic as well as the cut of our cloaths, or the trim of our hats. How many medicines have been uſhered into the world in the moſt pompous, confident manner, as ſpecifics for certain bodily complaints,

plaints, and, when tried, have proved as inefficacious as the moſt deſpicable news-paper noſtrums!--In this diſgraceful catalogue what liberal minded phyſician will not be ſenſibly hurt to find the *Uvæ Urſi*, *Aq. Picia*, *Extract. Cicutæ*, *Rad. Colum. Ol. Ricin.* &c?—Like a lady's cap or feather, they were once in vogue, but are now obſolete and antiquated. Phyſicians adopted them in place of others which had their day and their run, and on finding them as impotent as their predeceſſors, have conſigned them to neglect and oblivion. What ſhall in time to come be employed as ſubſtitutes, alike celebrated and infallible, will perhaps depend on the next faſhionable importation of head-dreſs from France. Till then the art of preſcribing muſt make a ſolemn pauſe, and draw its breath from the death of patients.

We have got ſo many *never-failing* remedies for all diſorders, publiſhed in newspapers under patent royal, and ſold in every chymiſt's, apothecary's, milliner's, bookſeller's and grocer's ſhop, that I am ſurpriſed

immortality has not before now taken place of God's firſt ſentence pronounced on Adam. Medicines (with papal infallibility their label) for the eyes, for the noſe, for the mouth, throat, ſtomach, bowels, blood-veſſels, nerves, glands, muſcles, ligaments, joints, &c. &c. have ſo elaborately multiplied, that the curious philoſopher is left to ſpeculate *ad infinitum*, why from the two oppoſite extremities, from the head to the foot, any diſeaſe or infirmity ſhould ever lay deadly hold of our ſpecies. — But life and health are objects too precious to be treated lightly or ludicrouſly.

THE Diſpenſatory conſiſts of above *eighteen hundred* articles reſtorative of health, and preventative of diſeaſe; yet I will take upon me to ſay, that not FIFTY of theſe are worth any thing, but to enrich the apothecary and diſappoint the phyſician; I do not mean in his fees, but in the recovery of his patients. Is it not a melancholy conſideration that the vaſt extenſive trade of drugs is carried on to the manifeſt diſcomfort and prejudice of mankind;

kind; and that phyſicians at the head of the profeſſion, *ſuppoſed* to be liberally bred, not only connive at but encourage this heterogeneous trade! If the natural powers of the conſtitution, after being properly upheld, or relieved by ſome ſimple evacuants of what oppreſſes them, cannot reſiſt the attack of a diſeaſe, is it to be ſuppoſed that a number of vile nauſeating medicines, that diſturb the ſtomach, and conſequently the whole frame; nay, throw it into perpetual efforts to get rid of them, into loathing, kicking and retching, can effect either the one or the other? The ſuppoſition cannot be ſwallowed but by thoſe who merit to be puniſhed by being made to ſwallow the abominable potions they preſcribe. There is a degree of ſympathy and humane feeling for patients (ſuppoſing ſituations exchangeable) which ſhould influence every phyſician; otherwiſe he muſt ſacrifice heart to his head, and to his fees of profeſſion what gold cannot purchaſe, the generous reflection of having given eaſe and comfort to his patient. I do not include here the interruptions which drugs give to the recovery

of

of patients: were theſe enumerated, there would be an account to ſettle, which, I apprehend, nine phyſicians out of ten would be unable conſcientiouſly to ſettle.

THE ſuperintendence of a man's life is a matter of ſerious moment. A phyſician ſhould undertake it with awe and diffidence. Superadded to the indiſpenſible advantages of academical learning, and the concurrent teſtimony of his abilities by the profeſſors of the Univerſity, who have ſigned his degree, he ſhould be eminent for ſeveral qualifications peculiar to him as a man; viz. ſagacity, quick diſcernment, coolneſs of temper, ſedateneſs of judgment, great preſence of mind, compaſſion, ſympathy, tenderneſs, but above all a noble ſuperiority to the love of money. When covetouſneſs is the ruling paſſion, all the above qualifications are in a great meaſure rendered uſeleſs. The phyſician who is actuated by it, will undertake caſes with the confidence of curing them, which are really beyond the powers of his art; by which falſe hopes and expectations are raiſed, and no

no ſooner raiſed than, to the inexpreſſible affliction of thoſe concerned, cruelly fruſtrated; or he will never refuſe a patient, whatever the number he may have already on his hands, but have ſo many at one time, that he ſhall not be able to attend or do juſtice to, perhaps, the one half. Let him have the intuitive knowledge of an Hippocrates, the inveſtigating talents of a Sydenham, and the erudition of a Mead, ſtill he muſt be unjuſt and unſucceſsful in his art, if he accumulates patients without end, and undertakes diſorders which are impracticable.

Quiſquis ingentes oculo retorto
——,——— ſpectat acervos?

In either caſe the dignity of the profeſſion is lowered, and its uſefulneſs rendered too apparent to the ridicule and ſatire of the world. In the preſent curſory manner phyſicians attend patients, a number of things cannot but be daily omitted, which are ſtrictly connected not only with the eventual recovery of the patient, but with his accommodation and comfort under ſuffering. A popular phyſician, from his multiplicity of calls (for he declines none) cannot ſtay more than five or

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minutes at the bed of his patient. Can this period poſſibly compriſe all the queſtions a *good* phyſician ought to aſk, in order to know accurately what he is about, and how it fares with the poor ſufferer committed to his care? No. It may intitle him to his fee in the *regular* courſe of buſineſs, but it cannot make him a maſter of the diſeaſe he ſuperintends; and if not maſter of it to the utmoſt extent of faithful enquiry, he trifles with the life of a fellow creature, and ſets at nought the retroſpective report of his own mind. As a natural conſequence of this ſuperficial performance of their duty, how often do we find phyſicians diſcovering unbecoming ſymptoms of aſtoniſhment and confuſion, at ſudden dangerous changes of diſorders, which plainly point out they had been all along ignorant of them, and put their ſkill and ſagacity on a level with what the apothecary or nurſe may aſſume. I aſk the former's pardon. In many caſes I have known him, during the progreſs of a diſorder, entertain an opinion of its nature and probable event very different from that of the phyſician, and, I am ſorry to add,

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has had the cataſtrophe in favour of his opinion. Had the phyſician made it an article of conſcience, or had his other numerous avocations allowed him, to have attended minutely to the gradation of the ſymptoms, ſuch a diſgrace would not have befallen him. A knowledge of a diſorder, not by giving it a name, but by eſtimating its progreſſive force and tendency, and the timely prognoſtication of the event (which cannot be attained without the moſt minute and patient enquiries from time to time) are the baſis of a phyſician's reputation. The firſt gives a firmneſs and dignity to his attendance, and the laſt ſets him almoſt *divinely* above the level of human powers. But the merit that raiſes him to his high rank of character he can never acquire, without lengthened viſits to his patients, and adapting a ſtyle of affable condeſcenſion to the attendants of each ſick bed, who have it in their power to give him much uſeful information, would he but abate of his ſtiffneſs and reſerve. In ſhort, a phyſician who would have his treaſures in heaven increaſe with his treaſures on earth, that

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is, would preſerve the honeſt poſſeſſion of his mind, at the ſame time that he is endeavouring to preſerve the life of his patient, ſhould reſtrict the number of thoſe he attends to a few, eſpecially in acute caſes, otherwiſe he ought ſeriouſly to revolve the command, "Thou ſhalt not kill."

THIS only regards phyſicians in large cities, who may happen to have the popular run in their favour, and are by the folly of mankind ſubject to a glut of patients. In ſmall towns and villages, this never happens. Thoſe who have the care of pupils for the moſt part limit their number, in order to perform perfectly what they undertake. Shall this juſt rule take place, when only articles of ornamental learning are at ſtake, and ſhall it be univerſally diſregarded by phyſicians, when the lives of valuable individuals are in their hands? From the above equitable reſtriction no evil can ariſe. Should phyſicians in large cities refuſe patients on account of their having as many already under care as they can do juſtice to, others, perhaps equally qualified,

fied, though not hurried round in ſuch a vortex of buſineſs, will be found. This matter, a matter of public importance, is conſiderably enlarged in another work. It was only introduced here to render it no way ſurpriſing that diſeaſes are not more ſucceſsfully treated now than they were ſome centuries back, in particular, the gout, the ſubject of the following pages. The writer happened for many years to be ſettled in a place where he could never have a ſuperfluity of patients at once. This gave him a command of time in attending to each patient, and an opportunity of leiſurely conſidering every caſe, not ſo much by ſchool maxims, as by his own underſtanding liberally exerted. He had the ſatisfaction of being rewarded for his pains. He adopted methods of treating diſorders not upon medical record, yet attended with happy ſucceſs. There is not room to mention but two caſes in illuſtration, which ſhall be as briefly recited as poſſible.

Case I. Mr. Mickledowny, merchant in Bellycaſtle, Ireland, had been labouring under

der a low nervous fever for ten days before I was ſent for. On examination I found moſt of the uſual ſymptoms of this fever, but no tendency whatever to a criſis. When rouſed he ſpoke conſiſtently, but his ſkin and his tongue were remarkably dry and parched, yet without great thirſt. His pulſe was far from being quick, but it was oppreſſed and labouring greatly; his reſpiration was uncommonly deep and loaded; his eyes dull and heavy; his urine deep coloured, but not ſeparating or depoſiting. He was almoſt natural in the diſcharges of his bowels, and did not complain of pain or uneaſineſs any where. He had been bliſtered, but without effect. His legs where the flies had been on reſembled fleſh newly burned by a hot iron. Upon the whole, I ſaw evidently he had a good conſtitution, and that the goodneſs of it naturally, had not been attended to by his being kept all along extremely low, on barley-water, toaſt and water, two-milk whey, &c. I got him ſome ſtrong wine whey immediately, and left directions that it ſhould be repeated, with claret and water occaſionally,

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for his conſtant drink. I could only ſtay an hour with him, having ſixteen miles to ride back that evening. I ordered no medicines. The conſequence was, that, next day, he was conſiderably better in all reſpects, and on the ſecond his bliſters ſet a running powerfully, without any new application. In ſhort, every ſucceeding day left him leſs and leſs of fever, till he was perfectly recovered.

But the remarkable circumſtance of all remains untold. The people about Mr. Mickledowny, when they obſerved the extraordinary change for the better in his caſe, from the preſcribed uſe of wine, took it into their heads to outdo the doctor, and, inſtead of wine diluted, gave him tea-cups of wine by itſelf, which, inſtead of increaſing his fever or diſturbing his head, ſupplied him with rapid acceſſions of ſtrength and ſpirits, ſet all the ſecretions a-going, before in a ſtate of ſuſpenſion, and brought on a keen deſire for food. This inſtance of abberration from rule being attended with unlooked-for ſucceſs, determined me to treat all fevers of the ſame

type in the ſame way. Many future opportunities preſented themſelves, in all of which the moſt quick and happy recoveries took place, but in none ſo obſervably as in the ſecond caſe I promiſed to lay before the reader; an inſtance of a gentleman above ſixty, but who always had a ſound, robuſt conſtitution.

Mr. John Cane, attorney, late of Bavagh, in the county of Antrim, Ireland, on his way from Dublin to Derry, where he was engaged to manage the buſineſs of an election for the county, was ſeized with the true *febris lenta nervoſa*, at a public inn in the town of Garvagh. From the firſt attack, his underſtanding (always before remarkably clear and correct) was affected. He talked incoherently and wildly of the buſineſs awaiting him at the election, and was frequently obliged to be reſtrained by force from putting on his cloaths, and ſetting out on his journey. Being a ſtrong man, it was a difficult matter for his ſervant, even with additional help, to confine him to his bed or room. He continued

nued for more than a week in the hands of a country apothecary, who could not be ſuppoſed capable of forming a true judgment of his caſe, and from whom he would ſcarce ſubmit to take any medicines. The reaſon of better advice not being ſolicited was this. He was only attended by a man ſervant, who would not take upon him to ſend for a phyſician. However, the people of the houſe where he lodged, with the concurrence of ſome gentlemen in the neighbourhood, made it a point to have Mr. Alliſon, a ſurgeon of experience in Coleraine, ſent for. He accordingly came, appriſed them of the danger of the patient's ſituation, and adviſed by all means that I ſhould be immediately called in from the ſame town. Next day I came, and found appearances very unfavourable indeed. The powers of his conſtitution, from the continuance of the fever, without being checked, and his being kept exceedingly low, (a frequent but fatal miſtake in this diſorder) ſeemed to be quite unable to make any exertion, and likely to ſink under the conſequences too obviouſly to be apprehended.—

There was no time to be loſt. I ordered bliſters immediately to his legs, and one between his ſhoulders; but previous to their application, had him raiſed up in bed, and gave him a full cup of claret and water, two parts of the firſt, and one of the laſt. As he was extremely coſtive, I left directions for a clyſter of warm water, ſalt, and oil, (a favourite clyſter of mine) to be adminiſtered that night. Next day I had it not in my power to return, but ſpecified in what manner he ſhould be treated, eſpecially with regard to the free exhibition of wine. On the third day from ſeeing him firſt, I came again from Coleraine, found him but little aſſiſted, in general, by the plan I had laid down, notwithſtanding every part of it had been punctually obſerved. From a particular circumſtance the village and country round became fooliſhly impreſſed with the notion Mr. Cane had a malignant fever ſimilar to the plague. The circumſtance that gave riſe to it was, this gentleman's eldeſt ſon dying a little before of a putrid fever, in Dublin, where it had fatally attacked many other perſons. They concluded,

concluded, he had brought the infection down with him, and that it would ſpread through all ranks of people. This belief became ſo general, that it was with much importunity a nurſe could be found to attend him, and not till I had poſitively declared his diſorder was not of a catching nature. — In this aſſemblage of diſagreeable circumſtances, I reſolved ſteadily to adhere to my plan, and even farther than I yet had gone, to deviate from medical aphoriſms. As his bliſters did not riſe happily, I had the *unguent. epiſpaſt.* applied to them, and directed, that he ſhould get a large cup of pure claret every fourth hour, additional to his conſtant drink of wine whey, or wine and water. He always took it greedily, but refuſed with much loathing every kind of medicine. Indeed I was little ſolicitous about any, as all he ſeemed to require was external ſtimulus, and internal generous ſupport. In this laſt reſpect, all the cordials of the apothecary's ſhop are not comparable to ſound wine. His caſe was ſo tedious and refractory, that it was the one and twentieth day from the firſt attack, and the

eleventh from my firſt ſeeing him, before I could with confidence ſpeak of his recovery. Then indeed a kindly ſoftneſs appeared on his ſkin, his bliſters began to diſcharge a thick purulent ſtuff; his urine depoſited a heavy ſediment; and his ſleep was leſs and leſs ſubject to perturbation and ſtarting. In eight days afterwards he was able to walk about his room, except from the pain of his bliſters, which ſtill continued to run. It is highly probable, had this gentleman been treated in the ordinary way, loaded with drugs (as diſguſting in their nature, as uncertain in their virtues) and been kept on a low refrigerant regimen, but he would have ſlipt through the practitioner's hands, notwithſtanding the excellence of his own conſtitution.

It may be ſubjoined to the foregoing caſes, as a curious fact, that in the firſt caſe my patient, before he could be pronounced out of danger, drank by itſelf, or diluted, *thirteen bottles of port*; and in the laſt, *twenty-one bottles of claret*.

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I am as ſtrongly perſuaded as I can be of any thing, that the practice of keeping patients low in the foregoing ſpecies of fever, not to mention actual evacuations, is moſt injudicious and fatal. If the conſtitution is not ſupported generouſly, what can a phyſician do? It muſt meet him half way, at leaſt; otherwiſe he will meet diſappointments in practice oftener than the reverſe. In particular, by not freely exhibiting wine, in all forms, as often as this fever occurs, (and it occurs more frequently than any other) he acts a ſimilar part to that of the workman who, in order to repair a houſe, ſhould throw down the ſcaffold which ſupports him.—The two caſes now recited, in conjunction with two afterwards mentioned of the gout *unſcientifically* treated, I flatter myſelf, will prevent the candid part of my brethren from accuſing me of raſhneſs, in ſtepping aſide from long eſtabliſhed modes of practice. I have nothing farther to add by way of introduction, but with all due deference to recommend, to phyſicians in general, a leſs at-

tention to the *number* of their patients, and a greater to the *nature* of their diſorders. But above all, not to interrupt the operations of nature (which in many complaints almoſt amount to miracles) by hateful, diſagreeable drugs, that really diſguiſe the ſymptoms, and tend to miſlead the final judgment of the event.

One word reſpecting the diſpoſition of the following little Work. It ſimply conſiſts of two Capters, not ſubdivided: the one comprehending what the writer had to ſay on the *nature*, and the other what occurred to him relative to the *cure*, of this common, but little known malady.

A

SUCCESSFUL METHOD

OF TREATING

THE GOUT.

CHAP. I.

Of the Nature of the GOUT.

NO complaint incident to our nature has been ſo much the ſubject of inveſtigation, as the Gout. Volumes piled on volumes have been written on it, inſomuch that a decent library might almoſt be compoſed of the treatiſes publiſhed on this diſorder ſingly. Phyſicians, ſurgeons, apothecaries, divines, mechanics, &c. have at different times exerted their talents to aſcertain the

the nature, ſymptoms, treatment, prophylactic, palliative, curative, &c. of this myſterious malady; yet, to the degradation of ſcience, and the diſappointment of medical practice, true it is that all theſe were as accurately known to Hippocrates and Galen, as to any modern writer, not excepting Sydenham himſelf, who, beyond all others of later times, has left us the moſt minute and ornamented deſcription of it. There is ſomething ſurpriſing in this. A complaint that is obvious to our ſenſes every day; that for the moſt part attacks at a particular period of life, ſeldom under manhood, and ſeldomer beyond the grand climacteric; attacks conſtitutions of certain ſtamina, perſons of ſpecific deſcription in eating and drinking, and which obſerves, ſo far as my experience has extended, no ſtationary time of year, is, notwithſtanding, an arcanum in medicine, a phœnomenon yet to be ſolved by the ingenious and inquiſitive.

We boldly preſcribe for fevers of all denominations; every ſpecies of rheumatiſm, jaundice,

jaundice, cholic, aſthma, ſmall-pox, meaſles, nephritic, ſpaſmodic, hypochondriac, hyſterical complaints, &c. &c. but we ſtand aloof, with diſmay and apprehenſion, at the moſt diſtant thouuht of preſcribing for the Gout, as if the unfortunate foot attacked were really haunted by a dæmon, which we muſt not let looſe, by any ſort of medicament or application, leſt it ſhould ſeize us by the throat, and ſtrangle us for our temerity. Even to diſorders we apprehend to exiſt in the conſtitution, though not obvious to any of our ſenſes, we fearleſsly exhibit the appropriate medicine, and, to the nicety of a mathematical point, anticipate its effects on the unſeen diſorder: but the Gout, which we behold with our eyes, in its ſeat, advance, progreſs, and decline, we will not on any condition preſcribe for, except in the article of flannel, patience, and large ſhoes. If a pain in the breaſt, or a ſtitch in the ſide, calls on us for ſpeedy relief, we never heſitate a moment to apply bliſters or cupping-glaſſes; but if a pain (probably of a ſimilar kind) ſhould ſlip a little lower down, and attack

attack the foot, we commit the poor ſufferer's alleviation of pain, to inveſtments of wool or flannel, and to that forlorn hope of all maladies, patience.

WHY the feet, occaſionally the ſeat of a diſorder which attacks almoſt every part of the body, ſhould be denied that relief which certain external applications have given in every other part, is a circumſtance not to be accounted for, but from the perverſeneſs and obſtinacy of habit and faſhion; under the *ſnug* patronage of which phyſicians, I am ſorry to ſay it, appear to feel as much at their eaſe as other men. It is from the alledged danger of a revulſion to ſome vital organ, the head, or ſtomach, that practitioners are ſo afraid to apply any thing external to the gout. But if the application be of a proper kind, it will have a direct tendency to fix it there, inſtead of repelling it to any part immediately neceſſary to life.

EVEN independent of outward applications, that conſtitution which is able to throw the gouty matter down to the foot, is able to detain

detain it there likewiſe, until the purpoſes of the fit are anſwered, unleſs cauſes intervene, ariſing from injudicious management and regimen. For inſtance, if the body be coſtive, in conſequence of which both the ſecretions of urine and bile are obſtructed, the gout will be very apt to revert ſuddenly upwards, in conſequence of hardened fœces irritating the inteſtines, or acrid ſtagnating bile the paſſages from the gut to the liver. But the phyſician is here in fault, not the gout. The firſt enquiry of judicious practice ſhould be the ſtate of the bowels, upon the acceſſion of a regular fit. Should they have been obſtructed for ſome days before, which in general is the caſe, clyſters are at the moment neceſſary, and to be repeated every three or four hours, till the indurated contents ſhall be totally brought away: while the ſtomach, during the above operation, is to be kept warm, braced, and invigorated, by ſome well adapted aromatic bitter, moderately purgative. In this way, the gout has no ſolicitation upwards, but auſpiciouſly keeps the ſpot it took poſſeſſion of at firſt.

The ſudden, and oftentimes fatal, retropulſion of the gout, has nothing to do with its peculiar nature, nor does it diſtinguiſh it from ſeveral other diſorders, which, on being diſlodged or interrupted, bring on alarming ſymptoms, e. g. miliary, ſcorbutic, eryſipelatous, variolous, morbillous eruptions; hæmorrhoids, catemenia, &c. There is one difference, however, and only one, that I know of, between the gout and other diſorders, liable to retropulſion, which is the ſuddenneſs and rapidity with which it moves. But this difference is to be accounted for in a mechanical way. The diſparity in ſize and expanſion between the place from whence the gout comes, and that to which it is driven, (I mean the trunk of the body and the feet) is great; beſides the tonic conſtruction of the parts, the one being muſcular and cavernous, uniform and unbroken in continuity; the other tendonous and without cavity, irregular and interſected by a number of bones and articulations. The anatomiſt will at once underſtand me here. The impulſe of the gout is from a wide to a narrow part;

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from a ſoft to a comparatively hard; from an even, continuous ſubſtance, to an uneven and divided. From the firſt, the tendency muſt be extremely ſlow and gradual, as the contents of a large ſpace cannot be tranſlated to a ſmaller, but by imperceptible degrees; whereas from the laſt, whatever may be the intervening cauſe, the tranſition is quick and inſtantaneous, and by a ſort of reverberatory force. Hence it happens, that dangerous retroceſſions of the gout occur in the beginning of the complaint, when a ſmall portion of peccant matter has been depoſited, of courſe, is eaſily diſlodged and precipitated to its old quarters, or perhaps to a place of much greater danger.

WHEREVER the greater quantity of gouty matter continues to remain, there is the greater power of attraction, and thither the more ſudden tranſlation is likely to tend. When the gout has remained for ſome time in the feet, a ſudden diſlodgment is not, I believe, on medical record. From the anatomical conſtruction of the foot, a reſiſtance of

of conſiderable force counteracts the depoſition of the gouty matter there. Conſidering this naturally repellant conformation of the parts, and the practicability of only a ſmall quantity of the arthritic effluvia or matter being depoſited in a ſhort time, it is nothing wonderful the gout ſhould be ſo eaſily diſplaced in the beginning of the attack, and ſo readily thrown back on the organs nature meant to relieve. But in the advanced ſtages of the fit, when a larger proportion of the gouty humour is depoſited than what remains behind in the conſtitution, we never hear of any ſudden tranſlation to alarm the phyſician, or to endanger the patient. The firſt attention, therefore, of a ſenſible phyſician ſhould be, by every rational precaution, to prevent the recurrence of the gout, before it has made its quarters good in the foot, (which, notwithſtanding the Hibernianiſm, I would call its *head-quarters*) afterwards, his ingenuity and ſkill, to obviate ſuch an accident, will not be put to any trial.

FROM what has been briefly laid before the

the reader, it would ſeem plain, that the gout differs not in its properties, liableneſs to ſudden tranſition, cure, and prevention, from common phlegmons, eryſipelatous tumours, chilblains, whitloes, rheumatic ſwellings, &c. *Theſe* happening to lodge in the ſurface, in the fleſhy parts, and interſtices of the muſcles, and *that* deeper ſeated among the tendons, filaments, and membraneous inveſtments of the bones and articulations, make a diſtinction, but not a difference. The tone and firmneſs of a particular conſtitution carry into the remoter parts of the ſyſtem thoſe acrid redundancies, and afterwards get rid of them in the form of the gout, which, in conſtitutions leſs firm and tonic, put on the nature of phlegmons, tumours, eruptions, &c. What ſets this matter beyond doubt is, what every phyſician of experience well knows, that the gout, *repeatedly interrupted* in its courſe, and prevented from ſettling, either by deſign, or obſtinate miſmanagement, is again brought from the ſmaller circulation into the greater; alters its tendency; throws out raſhes and effloreſcences of various kinds on the

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ſkin; ſettles in a large phlegmon or tumour; aſſumes the nature of periodical bleeding hæmorrhoids; forms the diſeaſe in the throat, called the angina; or paſſes off from the bowels in a diarrhœa of ſome days continuance, if not imprudently checked. It is well for the patient, and an happy ſpecimen of his conſtitution, that the gout changes appearances with theſe diſorders; otherwiſe, on being repelled, it would probably, after ſculking inſidiouſly in the conſtitution for ſome time, ſuddenly ſhew itſelf in the alarming attacks of apoplexy or palſy.

It is remarkable, in direct confirmation of what has been alledged, that the gout never appears where any other conſtitutional diſorder attacks by periods. Perſons habitually lax in their bowels, who have one ſtated evacuation for every meal they make, (one of the happieſt temperaments in the world) never have the gout, nor indeed any articular complaint. The ſame may be ſaid of thoſe who have periodical diſcharges from the piles; who are ſubject to fevers; to ſcrophulous, leprous

leprous, cancerous, ſcorbutic diſeaſes, whether in form of ſcabs, tumours, ulcers, or eruptions. I have attended to this matter with minute obſervation, as well as enquiries, and never have known an inſtance to the contrary. To thoſe conſtitutionally exempted from the gout, may likewiſe be added aſthmatic people, who throw off by expectoration large quantities of groſs viſcid matter; people whoſe cellular membranes are greatly diſtended with fat; and people who are ſubject to exceſſive perſpiration. Even thoſe who labour under contracted maladies, the venereal and pſoral, for inſtance, are ſeldom or never attacked by the gout.

THE medical world, as well as the world at large, have been unaccountably led to conſider the gout as being no leſs ſingular in its nature, than impracticable in its cure; as being a ſort of original diſeaſe, like original ſin, entailed upon the ſpecies; yet the foregoing claſs of diſorders, which are ſubſtitutes for it, as well as it for them, all, or moſt of them at leaſt, give way to medicament and ſkilful regimen.

A ſort of two-fold queſtion occurs here to be anſwered. What is the cauſe of the gout, or is it hereditary? The firſt part of the queſtion might be anſwered by aſking, what is the cauſe of *any* diſeaſe? But as this will probably not amount to that degree of information moſt readers may require, I ſhall anſwer it directly.

It is the misfortune as well as puniſhment of our ſpecies, when their fortunes can ſupport it, to get into that artificial line of living, which either anticipates natural appetites, or extinguiſhes them by exceſs of gratification. I ſhall confine myſelf at preſent to eating and drinking, chiefly the former. The horſe we ride, the ox that draws in our team, nay, even the very aſs, our prototype of every thing in human nature that is dull, ſtupid, and ſenſeleſs, knows when he has ate and drank enough; never does either without deſire, and then lays him down to reſt: but the lordly rider (or animal) ſtrutting erect in the majeſty of man, eats, nay, gormandizes without being hungry; drinks, nay, ingurgitates without

without thirſt, and lays himſelf down without being fatigued or ſleepy. What are the conſequences? A ſurcharge of food that does not nouriſh; a deluge of liquors that has neither the effect of exhilerating or envigorating; and a recumbency of poſture that neither invites ſleep, nor renovates the animal ſyſtem. The general deduction is obvious. From food taken into the ſyſtem without the ſpontaneous deſire of food, indigeſtions and crudities muſt be thrown into the circulation; from drink glutted over in large quantities, independent of thirſt, the conſtitution is dropſically overflooded; and with the attitude and reclination of ſleep, without ſleep, the animal ſpirits are agitated, diſſipated, and unrecruited.

When people reſtrict themſelves in eating to the natural calls of appetite, and ſtop *within* rather than *beyond* theſe calls, and, at the ſame time, carefully advert to the ſtate of their bowels (an attention of the laſt conſequence) they very nearly may be ſaid to have a moral certainty in their favour, againſt the

attack of any diſorder, and, in the courſe of things, have the proſpect of dying only of old age, the death our kind Creator intended all men to die of. I ſuppoſe theſe people born with ſound conſtitutions, and with proper conformation of body. Such innumerable inſtances, as we ſee, of human mortality in infancy, childhood, youth, and puberty, are owing to parents, nurſes, and, I muſt be allowed to add, doctors. Young people marry and have children, without the ſmalleſt knowledge of their own conſtitutions or thoſe of their offspring. How then can the management of the latter proceed on any wiſe or prudent plan? Inſtead thereof, every thing is glutted over childrens' throats promiſcuouſly, even to loathing and diſguſt; while the unavoidable conſequences are as little attended to by the parent, at the full age of manhood or womanhood, as by the child, who has nothing but its ſenſes to direct it. Hence it is that the meaſles and ſmall-pox make ſuch dreadful havock in the infantile and juvenile periods, to the ſweeping off more than half of our ſpecies, every

three or four years. I will not even mention inoculation as a practice counteracting this acknowledged mortality, as wherever it is inſtituted, it ſpreads abroad the infection, or rather creates it, which, in the courſe of years, might have been unfelt in that place. Even if children eſcape theſe terrible diſorders, with deformed ſkins and disfigured countenances, owing not to the parent's diſcreet ſuperintendance of their diet and exerciſe, but ſomething reſiſtingly good in their conſtitutions, they afterwards fall into thoſe variety of lingering complaints, and pallid cachexies, attending on worms living and breeding in the inteſtinal canal, which not only deprave the juices and impede the future growth of the body, but are every day miſtaken and improperly treated by pretenders to our art, as ariſing from other cauſes: whence an early foundation is laid for obſtructions in the primary organs, dropſies, jaundice, hooping-coughs, ſcrophula's, atrophies, declines, beſides numberleſs hyſterical and hypochondriacal complaints.

SHOULD this ſeries of diſorders not take place, we often find children ſuddenly taken off by miliary or ſcarlet fevers, ſuffocations, convulſions, if not at this early ſtage of life attacked with real rheumatiſm or gout, inſtances of which I have known, and have had under my care, which, with much plauſibility would give one the idea of the gout being hereditary. But it may be aſſerted here, that if the gout is derived from parents, ſo are all other diſorders, as we ſcarcely can mention one incident to adults, which men of obſervation have not ſome time or other ſeen attack infancy and youth. My opinion, therefore, is here freely given, that the gout *is not hereditary*; nor are any diſorders ſo but thoſe that taint and corrupt the whole maſs of humours, and do not attack by fits or paroxiſms; ſuch particularly as the king's-evil and venereal diſeaſe, which, undoubtedly, are communicated by infection from parents to children; and thus, ſtrictly ſpeaking, are diſeaſes of *deſcent*. The gout only lays hold of the pureſt and ſoundeſt conſtitutions, perſons whoſe viſcera and glandular ſyſtems are un-

uncommonly free of morbid obſtructions; conſequently whoſe evacuations and ſecretions, from the groſſeſt bile to the fineſt attenuated lymph, go on regularly and perfectly, unleſs under the increaſed irritability and torture of a fit. How is it then that the gout can be communicated? Children, I believe, are not begotten in the immobility, and a-mid the excruciating pains of this furious diſorder. And even admitting the affirmative, all the infection and refuſe of the conſtitution are ſettled in the feet, during a perfect paroxyſm, while every other part is as pure and ſound as thoſe of a new-born infant.

The only thing that can be properly advanced in favour of the gout being hereditary is, a parent ſubject to the gout imparting thoſe robuſt ſtamina, that elaſtic firmneſs of fibre, that muſcular tightneſs and tone, which have the power of throwing the effects of our exceſs in eating and drinking, to the lower extremities, inſtead of ſtopping by the way, and ſeizing ſome of the nobler organs ſubſervient to life. But in truth, this argument

ment may be put in fewer words, by ſaying that man is born of man. When parents of ſofter or more relaxed frames communicate conſtitutions of the ſame kind to their children, which diſpoſes them to diſorders ſhort of the gout, that is, diſorders attacking the trunk of the body, as well may we ſay, that the aſthma, the peripneumony, the angina, the hydrops cerebri or pectoris, the hepatitis, the diarrhœa, &c. &c. are hereditary. But what alike applies to all, cannot be predicated of one alone.

For other good proofs, ſhould others be deemed neceſſary, againſt the doctrine of hereditary right in the gout, (as my limits will not permit me to mention them here) the reader may conſult the ingenious and elegant Diſſertation on the gout by Dr. Cadogan.

I do not know how it is, but we affect every thing that is hereditary. Hence the tenacious hold of hereditary guilt from Adam, among the orthodox. Hence our dignified eſtimation of hereditary blood, imbued with which

which every action is honourable, ſelling our country, after having firſt ſold our conſcience; debauching other men's wives and daughters, and defrauding tradeſmen of their bills.——Hence our foibles, defects, oddities, whims, prejudices, and prepoſſeſſions, are held to be a ſacred part of our ſacred ſelves, approaching very near to beauties and perfections, becauſe they belonged in kind to our fathers or mothers, perhaps, to progenitors higher up, till we arrive at the firſt parent of all, who, we are told, "got a ſon in "his own image." We look upon them as a ſort of *antiques*, therefore, induſtriouſly keep them in high preſervation. And to mention no more, what has been the reſult of perſevering perſonal endeavours, the deliberate atchievement of half our lives, *the gout*, we ſtrangely conſider as being derived to us from hereditary tenure, and a part of our fathers' or grandfathers' laſt will and teſtament. Theſe are always held inviolable, and, to be ſure, if we break a part, we break the whole. Nay, to ſhew our extreme veneration for what is derived in right of lineage, we do every

every thing in our power, by ſloth and intemperance, to augment the arthritic part of the hereditary legacy, in order to leave it thus augmented, with our other goods and chattles, to our beloved children.

While the body continues to grow, the bones, muſcles, and veſſels, to expand and enlarge, we rarely meet with inſtances of either gout or rheumatiſm attacking it; the great diſpendium of juices neceſſary to the accretion of parts, requires chylification and ſanguification to go on as faſt and as copiouſly as the ſtomach can receive food and prepare materials; ſo that no redundancies (conſequently obſtructions) can happen in the remote receſſes of the ſyſtem. Some years after adultneſs, however, when there is a reſiſtance made to the farther inlargement of the body, matters alter materially. At this time, if the ſame quantity of food continue to be taken into the ſtomach, and the ſame ſupplies of chyle and blood take place, there muſt ſoon be an accumulation of juices beyond the demands of the animal œconomy, which, by ſtag-

ſtagnating, will acquire acrimony, and then be thrown on the ſurface of the joints, or obſtruct ſome large viſcus. If the conſtitution be of the beſt kind, gout or rheumatiſm will carry off from the general circulation the redundant humours in a greater ſpace of time; if only good in the ſecond degree, variety of eruptions and effloreſcences will relieve the habit; and if in the third, ſome of the abdominal viſcera will probably be the ſeat of attack. Many indeed, fortunate in a peculiar temperament, throw off the offending cauſe in the firſt inſtance, by the bowels, which, of all efforts to unload the ſyſtem, eſpecially in young ſubjects, is the beſt and ſafeſt. Irritability in the firſt paſſages, and the conſequent immediate rejection of whatever might have incommoded and injured the conſtitution, if retained there, is one of the ſureſt preſervatives of health and ſecurities of old age. It is a daily monitor, whoſe admonitions if we deſpiſe, we muſt ſuffer daily: whereas thoſe ſlow, gradual brewings of diſorders, (if the term be allowed) that imperceptible aggregation of foul crude humours

mours in the remoter parts of the body, by the ſtomach and inteſtines not taking the alarm firſt, never once rouſe us to guard againſt improprieties in living; and even when the attack comes in ſome formidable chronic ailment, we only ſignificantly regret our being ſubject to them by right of inheritance, exculpate ourſelves, and go on convivially in our dainties and luxuries.—Happy is that conſcience, that moral delicacy, which recoils from the ſmalleſt guilt, for it never can be hurt by greater! and happy, thrice happy that ſtomach, thoſe bowels, which inſtantly take offence at whatever might diſturb or ſuſpend health, if taken into the circulation!

WHATEVER has the effect of oppreſſing and irritating the primæ viæ, and ſoliciting them to ſudden premature diſcharges, would, we may with indiſputable analogy conclude, be in part, or in whole, the occaſion of ſome chronic diſorder ſooner or later, if admitted into the interior habit. I have heard numbers of people expreſs great ſatisfaction that nothing

nothing diſagrees with their ſtomachs, and that they can make free with all varieties and preparations of food, ragouts, ſavouries, fricacies, paſtries, fruits, and ſweetmeats, without feeling any load or uneaſineſs: but for my part, I think they are little to be congratulated on that account. A diſordered ſtomach, that often relieves itſelf, or conſigns the taſk to the paſſages below it in a ſalutary lax of a day or two, is much preferable, if we will eat to exceſs, or of too rich things, to the lingering, patience-racking torments of gout, rheumatiſm, or ſtone. If a foe is to attack me, let him do it at once, and not premeditate malice againſt me,—not cruelly invent a variety of concealed methods to hurt and deſtroy me.

The diſtinctions between the Gout and the Rheumatiſm are merely arbitrary, or hypothetical. It is ridiculous to give diſorders different names, and to inſtitute different methods of cure, becauſe they occupy different joints. A diſeaſe, conſiſting of pain, tenſion, and inflammation, gets into the foot, and

and is immediately chriſtened the Gout; but, by imprudent treatment, it prematurely ſhifts its quarters, attacks the knee, head of the thigh bone, the elbow, ſhoulders, &c. and then it has the appellation of the Rheumatiſm. By what right? None that I know of, except ſuch a one, in compliment to which we might call a common phlegmon, or boil, by a variety of names, according to the places or muſcles it ſhould happen to attack. A boil on the arm is the ſame as a boil on the leg, and requires the ſame treatment. Arthritis (the technical term for Gout) is derived from the Greek word ἄρθρον, articulus: ſo that, in right of etimology, and indeed of common ſenſe, every articulation or joint of the body, attacked with pain, tenſion, and inflammation, exhibits the true Gout, equally as when the membranes and ligaments of the feet are attacked. Theſe characteriſtics of the diſeaſe are not peculiar to any joint, but ſeize all indiſcriminately; ſo that, when they ſettle in the numerous articulations of the foot, the diſorder may be ſtrictly denominated *the Rheumatiſm of the foot*, inſtead of its

its uſual name, the Gout. In this, as well as in many other particulars, we are ſeduced from the nature of *things*, to the conſideration of *names*.

RHEUMATISM comes from the Greek word ῥέω, fluo, conſequently, may well apply to every diſorder that ſhifts place and removes from one joint to another, *i. e.* when it leaves the trunk of the body, or upper extremities, and takes poſſeſſion of the tarſal and metatarſal bones of the foot, it may be ſaid, ῥέω, fluo, or to move from the one to the other. Agreeable, therefore, to the derivation and meaning of both words, *Arthritis* and *Rheumatiſmus*, and the nature of ſymptoms and general treatment, they may interchange names with each other, and be promiſcuouſly uſed in books of medicine; *e. g.* with propriety we may ſay, the Rheumatiſm of the foot, and the Gout of the elbow or ſhoulder.

THE ſchool definition of the Gout is "dolor circa articulos, tenſivus, dilacerans, coarctans, verne et autumno maxime revertens,

" leniter incipiens, ſenſim majis increſcens,
" non multum auctus ad tactum, colorem et
" magnitudinem partis vix mutans, ortus ab
" obſtructione in vaſis minimis circa has par-
" tes, unde nervi, tendines, ligamenta, peri-
" oſtea corrigantur, et miſerrim ecruciantur,
" unde tumor, rubedo, tophi, aliaque ſymp-
" tomata concomitantia." In what does this differ from the definition of the rheumatiſm? " Eſt dolor atrociſſimus dilacerans, et mini-
" mo motu ſummopere excitatus, vagus, ob-
" ſidens articulos, nunc hos, nunc illos, ſæpe
" fixiſſimus in parte, cum tumore et rubedine
" loci, quem occupat, ſed ſine ſubſequente
" ſupperatione, motu membri admodum in-
" creſcens, et cum febre continua incipiens,
" quæ poſtea lenitur et ex intervallis longis
" quandoque redit." There is ſcarcely a point of contrariety in theſe deſcriptions, except the term vagus, in the latter, and not in the former. But to counterbalance this, we have juſt after *vagus*, " ſæpe fixiſſimus in parte," two epithets, in the eventual courſe of ſymptoms, as applicable to the Gout as to the Rheumatiſm. Notwithſtanding all this,

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ſome will mention the chalky lapideous concretions, depoſited by the Gout in the foot, as alone ſufficient to characterize it from the Rheumatiſm. But it ſhould be conſidered, that cretaceous indurations are often found obſtructing the joints of the fingers, wriſt, elbow, &c. nay, not unfrequently, are cut out of fleſhy muſcular parts. Of courſe, if theſe tophi and nodi are the diſtinguiſhing concomitants of the Gout, and are likewiſe frequently found lodged in the hands, wriſt, elbow, &c. then are the hands, wriſt, elbow, &c. the genuine ſeat of the Gout, as well as the feet.

If theſe nodial, tophical ſwellings are conſequent of the Gout, ſurely, wherever they are found, the Gout muſt previouſly have attacked. Nor are ſuch extraneous ſubſtances even peculiar to the Gout, or Rheumatiſm. We find them in the bladder, the ureters, the kidnies, the biliary ducts, the liver, ſometimes in the lungs, in the brain itſelf, and various other parts of the body. Earthy, cretaceous, ſtoney matter, is taken into the

ſyſtem with our common meat and drink, and may be thrown on any part, by an hundred intervening cauſes. That it ſhould block up the joints, and afterwards totally indurate them, is owing to timidity or unſkilfulneſs, (almoſt conſtantly exhibited) in the modern mode of treating the Gout.

In the firſt ſtage of the attack, when the acrid humours ſettle in the foot, if they had any manner of external diſcharge made for them, which would ſeem an indication for common ſagacity to adopt, we never ſhould hear of any thing ſo unnatural and deformed in the human conſtitution, as joints turned into chalk or ſtone. Nay, after the firſt proceſs has taken place, and previous to induration, the dregs or exuviæ of the Gout might be drawn off by ſome ſafe channel, in the form of milky creamy fluids. But if both are neglected, with heſitation quite unſcientifical, or obſtinate prejudice moſt inexcuſable, is it any wonder that exſiccations, indurations, and conſequent immobility, ſhould take effect? Nature, ever kindly in her operations,

rations, drives down the offending cauſe as far from the ſeat of life as ſhe can, viz. to the foot or ſome other extreme part. She can do no more, unleſs ſhe burſt the integuments, and at once give a paſſage to the pungent fiery humours. She has no powers equal to this. Therefore does the collection of ſubtile, burning, vellicating matter continue to ſhoot and dart with the vibratory impulſes of lightning and electricity, while the ſufferings of the patient are intolerable and undeſcribable.

The next thing Nature is obliged to do, unaſſiſted and unattended to, is to burn up the ſkin, and give vent, by deſquamation, to the corroſive particles of the diſeaſe, lodging near the ſurface. Thoſe deeply burrowing in the ligamental and tendonous envelopements of the joints, with conſummate attention to her own indications, ſhe wears down into the ſoft gentle appearance of milk or cream. The ſkin peels off in large ſcales and flakes, and the excrementitious nobs and knots begin to form; by which the patient becomes a

cripple, incapable of that delightful exerciſe, thoſe ſalutary exertions of ſtrength and agility, which, undoubtedly, are to be claſſed among the principal gratifications of life. Viewing the ravages and devaſtations of the Gout in the foot, after the conflict has ſubſided, and the acrimony of the diſeaſe has been conquered, it is not at all ſurprizing, judging by analogy, that, repelled in its fiery volatile ſtate, and ſeizing ſome vital organ, it ſhould almoſt in a moment extinguiſh life.

Dr. Home,* at the cloſe of his Sections on the Gout and Rheumatiſm, puts ſome queries to the reader, which, I think, may be eaſily anſwered. Reſpectingt he former, he takes occaſion to aſk four. Firſt queſt. "Quare curatu tam difficilis?" Anſ. Becauſe it is not attempted *topically* to be cured, as all topical complaints *ought*. As to the enormous maſs of alteratives, or anti-arthritic medicines, taken inwardly, they are equally abſurd in their exhibition, as allowedly unſucceſsful in their effect. Drugs may

* In his Principia Medicinæ.

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as well be given to prevent fevers, and all the other maladies we are ſubject to, as the Gout. The noſtrums in the news-papers are equally a diſgrace to ſcience, and to *that authority* which gives them a patent right to be ſold.

I HAVE heard it often obſerved, by perſons who would be thought very ſhrewd in their diſcernment, that if any practitioner could *invent* a certain mode of curing the Gout, he would ſoon make a fortune. Theſe deep remarkers never reflect that, before people can be cured of the Gout, they muſt be cured of their *vices*. Intemperance, voluptuouſneſs, and gluttony, by which both mind and body are unqualified for exerciſe, are the parents of the Gout, as well as of every other diſorder. Prevent the one, and you prevent the other; in which caſe philoſophy and religion would ſeem to take the lead of phyſic.

SECOND queſt. "An ullum ſpecificum ad-
"huc notum quod podagram radicitus extir-
"pare valet, vel an ulla ſpes reſtat tale inve-
"niendi?" Anſ. No ſpecific yet known has been

been, nor probably can be, adequate to ſuch an effect, nor indeed, in rational hope, is there any probability of ſuch a ſpecific being found out. As mentioned in our anſwer to the firſt queſtion, a ſpecific for the Gout would be a general ſpecific for the exceſſes and irregularities of voluptuous life.

THIRD queſt. "An in perſpiratione cuti-"culari, promovenda, tota res agitur?" Anſ. In the common method of treating it, this is all that is done, by inveſtments of wool and flannel: but theſe operate no farther than by gently relaxing and taking off the tenſion; conſequently alleviating the pain. A power equal to diſcharge the deep-ſeated acrimonious, lacerating particles of the Gout, *muſt* be able to burſt the ſkin, and keep a permanent ſore open. Who would think of carrying off the contents of a large boil or eryſipelatous tumour, by topical perſpiration? Could Nature have thrown off the matter of the diſeaſe by cuticular perſpiration, ſhe never would have taken the round-about dangerous method of propelling it to the foot. In ſhort,

ſhort, had it been of a *perſpirable nature*, it never would have waited to be collected in ſuch a quantity as to form a fit of the *podagral* G*Gout*.

It would be uſing the reader ill, and would ſerve no other purpoſe than to multiply uſeleſs pages, to give the different opinions of authors on the Gout. They have gone a thouſand miles off to inveſtigate a diſorder, that might eaſily have been known at home. That is, they have plunged into endleſs theories and hypothetical reaſonings, to analyſe and deſcribe a diſeaſe which is in itſelf an object of common ſenſe. They have run into the nature of chymical ſalts, acids, and alcalies, putreſcent and aceſcent; they have, with miſcroſcopic viſion, explored the lacunæ of joints, ſinews, tendons, ligaments, capſula's, membranes, glands, nerves, capillaries, lymphatics, anatomically and phyſiologically, to prove that the Gout is—a ſwelled, pained, inflamed foot; that if Nature has not an opening made for her to diſcharge the acrid, cauſtic matter ſhe may have collected; in revenge,

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ſhe will torment the patient for many months, and then clog up the tarſal and metatarſal articulations with chalk and ſtone, and render him an old man in the middle period of life, leaning on his crutches, or puſhed along by his ſervant in his wheel-barrow.

THE prediſpoſing cauſes of the Gout are, the prediſpoſing cauſes of all diſorders. Why then enumerate them as peculiar to the Gout? It is making a malady myſterious which is not myſterious.—*Nodum in ſcirpo quærimus.*—Paſſing by the catalogue of remote cauſes exhibited by writers, I ſhall take ſome little notice of Dr. Cadogan's Three Cauſes, as comprehending all the reſt, viz. indolence, intemperance, vexation. To the two firſt, undoubtedly, (the laſt, I think, is problematical) all the diſeaſes that afflict and ſhorten human life owe their origin, except thoſe that are caught from miaſmita or infection. From the King to the inferior order of citizens, one or other of them, or both, univerſally prevail; and therefore we ſee maladies of all deſcriptions uniformly fatal in every houſe up to the palace itſelf.

itſelf. They are effects as deducible from their cauſes, as any in the natural or mechanical world. Many look on them as viſitations of the Almighty, the judgments of his providence, and the corrections of his hand. If a ſore throat, or tooth-ache, a pain in the head, or in the big toe, attack us, we muſt look up to the Sovereign Lord of all worlds, as the diſpoſer of them! Whatever may be the remote, God is the immediate, cauſe. This may ſatisfy the devout orthodox man, whoſe religion is in words and phraſes; but how ſhall the anatomiſt, the phyſiologiſt, the noſologiſt, reſt ſatisfied with what contradicts ocular inſpection, and throws the imputation of error on experience? He cannot. Man is an organized machine, within which all the laws of pneumatics and hydraulics have effectual play. Though the machine is an automaton, a ſelf-moving figure, yet it is regulated in the ſame way as all other machines are. It is a ſyſtem of tubes, pipes, veſſels, or conduits, which muſt be kept permeable, in order to preſerve the vigour and activity of the whole. If any inflection or angle of

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theſe channels be obſtructed, or overflooded with fluids, their action is either deſtroyed, or their capacity preternaturally enlarged. . In either caſe, the operations of the machine are impeded. By the infarction that is ſuppoſed to have taken place, the tube that was pervious becomes a ſolid cord or body; and by the unnatural diſtention, the contractile powers of the fibre are loſt; by which fluids eſcape unattenuated, that ought to have been acted upon, and get into cavities or articulations not adapted to them; whence are all the maladies that harraſs our ſpecies.

The motions that regulate the human machine are, according to authors, produced by various means. Some think by the mechanical powers; others by the elementary principle of fire; a third claſs, by fixt air; a fourth by nervous juice or animal ſpirits; a fifth, by vibratory concuſſion; a ſixth, by the ſimple volition of the mind; and a ſeventh, by the original impulſe or agency of the Deity. Theſe are all terms of ſound and parade, to imply one of the ſimpleſt facts in the

the world, that man lives and is in health in proportion as his veſſels are pervious from their greateſt to their ſmalleſt diameter, and the various ſecretions are open and regular. When obſtructions happen either greater or leſs, from an influx of fluids more than can be broken down and attenuated into ſerum, lymph, inſenſible perſpiration, and animal ſpirits, a conſequent viſcidity and acrimony take place, whence a real diſeaſe is formed, internal or external, local or general, in the fluids or ſolids. Theſe have been baptized with an endleſs diverſity of names, by which authors have ſhewn their ingenuity, rather than their judgment.

All chronic diſorders, gouty, rheumatic, hyſterical, hypochondriac, among which I would claſs ſlow nervous fevers, as they run through a long period before nature relieves herſelf by a criſis, have *one ſpecific cauſe*, exceſs of fluids int he circulation, indigeſted in the firſt paſſages, unattenuated and unſubtilized in the finer ſeries of veſſels: in conſequence of which they acquire that crude-

neſs,

neſs, viſcoſity, ſharpneſs, or corroſiveneſs, which interrupts health, and conſtitutes pain in ſome part of the ſyſtem or other. If the humours in this ſtate are thrown on the hypochondriacal viſcera, the complaint will be lowneſs of ſpirits, dejection, anxiety, melancholy, fretfulneſs, deſpondence, unhappineſs, which ſometimes riſe to convulſive fits and frenzy: if on the ſerous veſſels of the brain, the different modifications of nervous fevers, which if unſkilfully managed, always turn out putrid; and, if on the joints and ligaments, all the varieties of Gout and Rheumatiſm.

It is remarkable, notwithſtanding the different ſituations of theſe diſorders, which comprehend more than the half of thoſe incident to our ſpecies, are all conquerable in one way, by external ſtimulants, deobſtruents, and evacuants. But inſtead of theſe, ſupported by a ſuitable regimen, we find apothecaries* and old women, uſing every kind of repellants

* The common education of an Apothecary, particularly in country towns, is an apprenticeſhip of four or five years to a Maſter, who

repellants and diſcutients; whereby more conſtitutions are ſhattered and deſtroyed, by unknown inward ailments, than all the claſſes of alterative medicines have ever palliated or relieved. Tumours and pains, by ſuddenly diſappearing in a particular ſpot, are not remedied, but *forced* by it into the general maſs, or perhaps thrown on a more dangerous part. How often have we ſeen ſcurvies of the face, by the uſe of drying, aſtringent waſhes,

who ſerved ſuch an apprenticeſhip himſelf, without Greek, and without Latin, except what he has learned by ſcraps and abbreviations on the file, which he beholds with a ſort of idolatrous veneration. His *Alphabet* has taught him the application of medicine to diſeaſes, as ſet down in Lewis's or the London Diſpenſatory, under the name of fevers, ſmall-pox, meaſles, gout, gravel, &c. Thus inſtructed and accompliſhed, ſcarcely in ſeven years does a diſorder happen in a town, but he has the firſt inſpection and management of it. If he fails to cure, after ranſacking all his learned file, he has a phyſician called in, not out of reſpect to his ſuperior character, but to waſh his hands of the patient's death, ſhould he die. The phyſician in this way knows nothing of the original diſorder, (perhaps the diſorder of the conſtitution) but has to ſtruggle with the anomalous one brought on by the Apothecary, which is no more the firſt, perhaps, than the diſorder Job died of. Notwithſtanding, however, my opinion of Apothecaries in general, from much knowledge, I am happy to be acquainted with ſeveral of conſiderable learning, medical ſkill, and *conſcience*, perhaps beyond many phyſicians.

waſhes, totally removed, to the great exultation and joy of the fair, and lie concealed in the habit for two or three years; but afterwards return in the form, more terrible, of cough, ſtitches in the breaſt and ſide, hectic fever, incurable conſumptions! &c. &c. By the hemorrhoids likewiſe, being dried up, in the hands of ignorance and raſhneſs, how many have loſt, by apoplexy or palſy, their moſt dear and valuable friends! Nay, the *curing* of a leprous or ſcorbutic ſpot in the arm, or ulcerous tettering of the leg, has often brought on a train of inward evils, that have baffled the art of medicine. Theſe unhappy miſtakes and miſcarriages happen, and will always happen, from not knowing the animal œconomy, and the real nature of diſorders, which, when myſterious and complicated, are rendered ſo by irrational and preposterous methods of cure.

So much, ſhortly, for the *nature* of the Gout: the *cure* ſucceeds of courſe.

CHAPTER

CHAP. II.

Of the Cure of the GOUT.

I WOULD begin this Chapter with laying down *four poſitions*, which, I think, cannot be *eaſily* controverted, and would ſeem a proper exordium to our method of cure. Poſition firſt; That we come into this world bating mal-formation and caſualties, with bodies as perfect in organization, and as free from conſtitutional diſorders, as Adam's was. Poſition ſecond; That all mankind ſhould die natural deaths, or die of general decay and longevity only, did not cauſes of diſſolution intervene, occaſioned by intemperance and erroneous maxims of living. Poſition third; That had the moſt ingenious of mortals been

ſet to work in ſearch of habits and expedients to ſhorten the period of life, and even to render that ſhort period burthenſome and miſerable, they could not have adopted any more fatally to their purpoſe, than thoſe daily exemplified in the higher orders of ſociety. Poſition fourth; That the duty of a phyſician, the general ſcope and object of his practice, ſhould be rather negative than poſitive; in other words, that there is more true candour, ſagacity, and judgment, diſcovered in knowing *when* to abſtain from medicines, eſpecially in acute diſeaſes, than by exhibiting them in their moſt approved forms. I would beg the reader's attention to a few remarks on each of theſe poſitions, avoiding, as much as poſſible, the preciſeneſs and pedantry of technical terms, and the introduction of numerous quotations from authors, which, beyond mere neceſſity, only ſerve to divide the reader's attention, and unprofitably to fill a volume.

POSITION I. There is nothing, perhaps, in the whole range of theory, which will find

find greater difficulty in making its way to the belief of mankind, than this. Enemies from all quarters will oppoſe it, armed with the prejudices of education, and the artillery of eſtabliſhed opinions. It militates, in particular, with two formidable profeſſions, the theological, as well as medical hierarchy, doctors ſpiritual as well as doctors bodily. But it is more likely to be true on this account. A convocation of divines, or a college of phyſicians, incorporated by royal authority, to preſerve theological or medical truth, proceed on a miſtake of the firſt magnitude, viz. that truth is fixable to a point beyond which it may not paſs; and that one generation has a right to think and judge for another. Truth can never reſt upon error, or be kept in preſervation by its contrary. Men, therefore, who can form themſelves into ſocieties, or be perſuaded they *ought* to be formed, for the above purpoſes, muſt act under motives and inducements which cannot ſtand the teſt of impartial juſtice, and diſintereſted philoſophy. In ſhort, the principle they go upon is ſelfiſh and covetous; it

is, to monopolize the emoluments and honours connected with ſuch collective chartered modes of preſerving truth: that is, truth in their hands becomes a corporational means of making a livelihood, often great fortunes, and no farther than this primary conſideration, is it to be extended, or ſet at liberty from aphoriſms and ſyllogiſms. A generous ſuperiority to the low love of money ſhould ſeem as importantly neceſſary to ſocieties, to render them reſpectable, as to private characters.

I MAY conjecture what oppoſition I ſhall meet with from what has already been experienced by a predeceſſor in a ſomewhat ſimilar walk of ſentiment. Dr. Cadogan has given being to as many opponents as there are proofs of juſt reaſoning, good ſenſe, and liberality in his Diſſertation on the Gout. *Quis unquam in ſole ambulabit abſque umbra?*—It would be in vain for me to expect a gentler fate from a claſs of men who make their perſuaſions ſubſervient to their intereſts, and decry every thing altâ você that has an appearance of

ſeparating

ſeparating theſe. You will never make a proſelyte of him who enjoys honours or a rich benefice in the church, *not* to be made one, and who, perfectly at eaſe, has the means in his power of gratifying all his favourite paſſions. In like manner, by introducing novel opinions into the Art of Healing, by which its pecuniary chances may be leſſened, and its profeſſors be forced to move in leſs ſplendid lines of life, you can never make converts to theſe opinions; rather in conſequence of the attempt, however generous on your ſide, you are certain to excite a general clamour and reſentment. In this way (almoſt felonioufly) you lay your hand on a man's purſe, which, on all occaſions, is the moſt ſuſceptible part of him; his love of ſcience, and ſenſe of truth, are only to be affected through this ſhining medium. You may treſpaſs on his underſtanding, you may throw out inuendoes bearing hard on his honour, make yourſelf as merry as you pleaſe with his conſcience and his Creed; but go one ſtep farther, detract from his profeſſional popularity, take out the ſmalleſt pin belonging

ing to the ſmalleſt ſpoke of his chariot-wheel of practice, by which his fees may ſuffer diminution, all the Chriſtianity his Bible ever taught him will be inſufficient to procure you his forgiveneſs. God may forgive you in another world; *he* will not in this. Yet, in deſpite of ſuch a character, which one meets with every where, I would maintain my firſt poſition, "that we come into "the world, bating mal-formation and ca-"ſualties, with bodies as perfect in organi-"zation, and as free from conſtitutional diſ-"orders, as Adam's was."

BIRDS, beaſts, fiſhes, trees, fruits, herbs, all things in the animal and vegetable creation, produce their kind perfect in every part, and durable for a certain time. In ſhort, we find no ſuch thing as hereditary diſeaſes, hereditary taints, or hereditary blights. All things belonging to the inferior world, in every renovation or reproduction, are as compleat, reſpecting form and ſtructure, as when they reſpectively dropt from the Creator's hand. It could not have been otherwiſe without

without all things changing their conditions and wearing out their nature, in a ſeries of years; by which they would have become different from what the Creator had made them, and every ſucceeding tranſmutation been the cauſe of another and another, till the very idea of a firſt cauſe ſhould be loſt and forgotten in matter's eventual and ſpontaneous operations on itſelf.

WHAT had happened to all animals in this way would have involved man likewiſe, the animal paramount of this world. Had diſeaſes been hereditary ſince Adam's time, ſuch changes would have occurred in the human conſtitution, as to have made the preſent race of men as unlike beings of the ſame name two thouſand years ago, as contraries can be. We cannot ſuppoſe Adam, coming immediately from the formation of the Almighty, had any poſitive diſeaſe in his conſtitution, for nothing *diſeaſed* could poſſibly have *him* for its author. Whence then had any of his deſcendants hereditary diſeaſes? The head-link of the chain is wanting, by which

which it ſhould hang; of what uſe then is the chain? A child can have no diſorder from indigeſtion or crudity, becauſe the firſt paſſages have never been filled with food: its firſt complaint, therefore, muſt be dated from the manner it was treated immediately after birth, and its ſubſequent attacks of illneſs to ſubſequent management. To ourſelves every thing is imputable that infers bodily pain, want of health, or ſhortneſs of life.* As to God's

* Some Phyſicians ſeem delighted to fix the *guilt* of diſorders on the Air. I would ſuppoſe that the other two elements, Water and Earth, will, in time, come in for their ſhare of *imputation*. Intemperaments of the Atmoſphere, and epidemics of the Seaſon, are technic words of high import. Sydenham chiefly gave them origination, as well as currency; and, in phyſic, Sydenham is the Apoſtle Paul. There is illiterature, or want of comprehenſion, in the hypotheſis, which ſeems diſgraceful to ſcience. Diſorders that begin within the conſtitution, in conſequence of vicious modes of living, we would attribute to the breezes and zephyrs, which are really as innocent of them, as any *honeſt man*, now living, of Adam's eating the prohibited apple. In every climate, the circumambient air, and the bodies of the inhabitants, are ſuited to each other. To ſuppoſe it otherwiſe, would be the greateſt abſurdity in nature; an abſurdity equal to this, that the meat we eat, the fluids we drink for mere *ſuſtenance*, the raiment we clothe in, may become *epidemical evils*, and cut ſhort the life of man. Conſtitutions of the Air, (in *our latitude*) ſo predominant as

God's interfering to puniſh men with this and the other malady, the ſuppoſition is the offſpring of ignorance and ſuperſtition. That he *can* do it, I am far from denying, in the way of miracle; but otherwiſe he no more interrupts the movements of the animal machine, on which health depends, than he does thoſe of a clock or a watch, on which the regulation of time depends. Before he can do it, he muſt firſt counteract the uſe of thoſe very organs he himſelf has made, that is, defeat one of his own purpoſes, by the adoption of another. Man changes and alters every round of the dial in this way, but God never does. The inference I would draw from the whole is this, that as there is nothing

as to bring on inevitable maladies, are, I think, the figments of medical conceit. A river might as well communicate diſeaſes, as the column of Air that ſurrounds us. If we receive injury from it, it muſt be owing to our not *inwardly* fortifying ourſelves againſt it, ſo that the cauſe proceeds from ourſelves. It is remarkable, that thoſe who are moſt in the open air, receive leaſt prejudice from it. Dr. Sims, (my quondam worthy college-friend) in his Obſervations on the Epidemic Diſeaſes of the counties of Armagh, Tyrone, &c. ſeems to have run out too far in this miſtaken track. I practiſed many years in the neighbouring counties, without ſeeing occaſion for any ſuch remarks.

nothing myſterious in the nature of diſorders, but all deducible from obvious ſecond cauſes, ſo likewiſe I would aſſert, that there is nothing myſterious in the cauſe; both reſting on ſimple principles, and leſs connected with abſtruſe academical learning, than with natural good ſenſe, unperverted by ſlaviſh habits, but, above all, undebaſed by the ſordid luſt of money.

THE ſecond poſition is, in a great meaſure, a part of the firſt, or a corollary from it. That all mankind ſhould die natural deaths, or die of general decay or longevity only, would ſeem as much a matter of fact, as that a child will be a youth, and a youth a man. The progreſſions after the period of adultneſs to extreme old age, are no leſs certain, than thoſe beforeit. Nay, the one is a ſecurity for the other. Why does a child become a youth? becauſe no occaſional cauſe intervenes ſuddenly to cut the thread of life. From a ſimilar cauſe not taking effect, nonage arrives at age. And why does not manhood advance forward to old age, and old age imperceptibly

perceptibly bend downwards and fall aſleep in the grave? Becauſe, in the earlier ſtages of life, we laid in, by living the reverſe of temperance and moderation, ſure materials for apoplexy or palſy, which does in a moment what Providence would have done by gentle and ſcarcely perceived gradations. An hundred of a generation dying merely from the oil of life being ſpent to the laſt drop, inſtead of being prematurely ſpilled, or mixt with adventitious fluids, that prevent it from burning fairly out, dying of wrinkies and grey hairs, (if I may uſe the term) amounts to a reſpectable proof, that thouſands would have died *in the ſame way*, if their conſtitutions had had the ſame fair play. One in a thouſand dying the death of nature, aſcertains the *poſſibility* of ſuch a death; a greater number would prove the *probability*, and a greater number ſtill the *certainty*. But the ſmalleſt juſtly infers the greateſt proportion.

Our third poſition is a melancholy matter of fact, reſulting from an actual ſurvey of life. Every thing that is unnatural, every thing

thing that is forced, of courſe unkindly to the conſtitution, we do daily. We feed on the productions of other climates, inſtead of our own, on which alone our conſtitutions ought to be formed. We indulge in ices, acids, and all ſorts of cooling ſweet-meats, in winter; and in ſummer, riot on fiſh, veniſon, and every rich loaded wine, ſauce, and gravy. We eat without being hungry, and drink without being thirſty, at the command of a particular hour, or a particular party. We wake when we ſhould ſleep, and lie a-bed when we ſhould be up and exerciſing. We overſtrain the nervous ſyſtem, by exerting paſſions and diſcovering emotions which are artificial, and are the effect of faſhion and affectation, rather than feeling or nature. We give the moſt minute and ſolicitous attention to every article of dreſs, elegant ſet-off, and perſonal exhibition, at the expence of half our time, and half our fortune; but we advert no more to our conſtitutions, our ſtate of health, than to thoſe of the coachman who drives us, or the ſedan-man who carries us. We take into the ſyſtem, to ſhew our politeneſs to *her*

at

at the head, or *him* at the foot of the table, one half more than Nature is able to convert into nouriſhment and good blood; and, (ſtrange is the tale) we are as heedleſs of what ſhould proportionably leave the ſyſtem, as if we were ſtuffing a pin-cuſhion with wool, or a golf-ball with feathers. When incipient diſeaſes attack us, we conceal them, or ſlur them over to our friends as a ſlight head-ache, a cold, or a *jaded-out-neſs* with pleaſure, which a comfortable night's reſt will effectually remedy. When things put on rather a more formidable appearance, when the head-ache, cold, &c. &c. ſeem to increaſe, than with an avidity with which we never ſaid our prayers, we ranſack the news-papers for drops, powders, tinctures, balſams, cordials, reſtoratives, ſweeteners, cephalics, bracers, ſtrengtheners, and a long etcetera of *cures*; and when we have *vainly* tried them, with a degree of ſteadineſs we never ſhewed our beſt friends, we procure ſome *celebrated* phyſician, to get us ſpeedily off his hands, by ſending us full of hope and convaleſcence to Bath, Briſtol, Tunbridge, Cheltenham, &c. where, with the

the *divine waters* gurgling down our throats, (*aqua quietis ſi non vitæ*) we ſink into the arms of everlaſting reſt, with the philoſophical conſolation that we have not only lived a *faſhionable life*, but we have died a *faſhionable death* alſo. *In pace ſempeterna requieſcant!*—Can human ingenuity, aided by every ſuppoſable malignant power, invent any thing more direfully effectual to mutilate human exiſtence, maim every active inſtrument of health; and laſtly, to draw down the curtain of death on the miſery of man, than the above picture of what every one knows to be true?

As for the laſt poſition, "that a phyſi-"cian's duty is rather *negative* than *poſitive*," it ſeems ſo ſelf-evident, that little need be ſaid to confirm or illuſtrate it. Notwithſtanding, as there would appear a ſort of quaintneſs in the expreſſion, and as many readers may not perceive the juſtice of it at once, I ſhall think it well worth my while, in as few words as poſſible, to make it plain and obvious. A ſenſible phyſician, before he ever thinks of preſcribing to aſſiſt Nature, ought to

to know for certain what Nature points at, and what are the real characteriſtics of the malady ſhe labours under. For example's ſake, we ſhall call it a *fever*. But what ſpecies of fever is it? Doth it require to be repreſſed, or to be ſuſtained? Theſe are two leading queſtions in the nature of fevers. Notwithſtanding the technical variety of fevers we have particularized in our ſyſtems of diſeaſes, I will venture to ſay, that all fevers vers, may be reduced to *two* claſſes, the high and low; that is, fevers which require to be ſupported by generous treatment, and fevers that demand evacuations, and every antiphlogiſtic mode of lowering. Inflammatory, hectic, putrid fevers, even the length of the plague, belong to the former; and all low, backward, tedious, remittent, aguiſh fevers, to the latter. You muſt put the one forward, and the other you muſt reſtrain by every method in your power. Should you reverſe the treatment, adminiſter warm ſpicy cordials to the firſt, and to the laſt, barley-water, toaſt and water, chicken-water, balm-tea, hyſſop-tea, &c. you will effectually cure your patient

by

by—killing him. Yet ſuch miſtakes happen every day (eſpecially the latter) in the hands of ſome faſhionable phyſicians, who think no more of patients' dying ſuddenly and unexpectedly under their care, than of glaſſes of Bath waters emptied at the Pump-Room. There is none to call them to account, they have their fees, and friends never regret their companions and relations dying in a genteel water-drinking place.

THE very name of a fever ſhocks and terrifies moſt people. With the idea of fever, we aſſociate that of intenſe heat, intenſe thirſt, rapid circulation, &c. That the world at large ſhould ſo judge, is nothing wonderful; but that phyſicians ſhould follow the credulous uninformed multitude, is truly ſurpriſing. More than the one half of the fevers incident to theſe iſlands, are defective in heat and circulation; yet they are all treated in one way by many practitioners of name; on weak diluent liquors, acids, ſaline draughts, &c. to the great prejudice of patients, even ſhould they recover from ſuch fevers. In ſuch caſes,

caſes, as there is no perfect criſis, the dregs of the diſorder, co-operating with reduced habits, lay a foundation for many lingering chronic complaints, which never leave us but with life. The phyſician's duty here, with reſpect to drugs, is merely *negative*. Good wine, and generous appropriate nouriſhment, are the whole *medicines* to be preſcribed, with external ſtimulus, and preſerving the freedom of the bowels, which is beſt done by judicious forms of *cathartic bitters*.

I WOULD not have taken up the conſideration of fevers either here or elſewhere, had I not been more than once a deeply-affected witneſs of fatal conſequences attending modes of treatment the reverſe of what is here recommended. Beſide, it falls in with the ſcope of my fourth poſition, that a phyſician's merit and uſefulneſs conſiſt more in knowing when to refrain from, than to adminiſter, drugs. If the conſtitution has juſtice done it, and if the doctor actually does no harm, the patient has a good chance of recovery.

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Of what uſe then is the preſence of a phyſician in a ſick man's bed-chamber, it may be aſked? Of ſingular uſe. To prevent his patient getting any thing prejudicial to him from the officious circle around; to have all the natural outlets of the conſtitution kept conſtantly open; to regulate every day's regimen according to exigencies, and ſo as to keep up the ſtrength, and preſerve the ſtomach from being offended; to treat his patient with renewals of freſh air, the moſt delightful of all cordials; to allow him as many changes of poſture as he chuſes, (ſuppoſing his head not affected) another highly gratifying relief in moſt diſorders; but eſpecially to give his arms free play from the common barbarous impriſonment of bed-clothes: and, laſtly, by every friendly, conciliating, ſoothing mode of addreſs, to engage the patient's affection and confidence, with which hope is always allied, and all the placid, gentle paſſions.

But to reſume more particularly the curative treatment of the Gout, the immediate ſubject of this chapter, and indeed the conſummation

ſummation of our plan. This diſorder gene-
nerally attacks in two ways; either with vio-
lent ſymptomatic fever and its concomitants,
which, barring accidents, ſoon terminate in
the foot, not exceeding thirty hours in their
progreſs; or with a train of moderate ſymp-
toms, ſuch as a decreaſe of appetite for a day
or two, a ſenſe of wearineſs, irreſolution, ſlight
fits of dejection, and diſinclination to compa-
ny, nauſea of ſtomach, and ſudden loathings
of food, temporary returns of rigour, and a
ſort of creeping chillneſs, beginning about the
heart, and deſcending down the limbs; after-
wards erratic obtuſe pains, touching at the
ſhoulders, wriſts, loins, knees; till at length,
theſe ſubſiding, a permanent but gentle fit
comes on. The pulſe is nothing agitated at
all in the latter progreſs of the diſorder, nor
even in the former ſo much as one might
imagine from the ſeverity of the ſymptoms.
The urine in both is commonly pale, whey-
iſh, and limpid, and the belly diſpoſed to coſ-
tiveneſs. This is the ordinary progreſſion of
the Gout, which confines patients a longer
or a ſhorter time, according to the ſtrength it

brings down with it to be ſubdued in the foot. After the termination of the fit, the limbs remain extremely weak and feeble, growing more and more ſo, in conſequence of repeated recurrences of the diſorder; till in progreſs of time, the patient loſes the uſe of them altogether, and is obliged to lean on crutches, or be moved along in his wheel-chair. In other caſes, hundreds of invalids are ſoon reduced to the miſerable ſtate of decrepitude, by chalkſtones and other obſtructing concretions.

We ſuppoſe here the Gout to come and go regularly for a ſeries of years, in which caſe it is invariably attended with paralytic weakneſs, or articular immobility. But let it be obſerved, that they are the very beſt of conſtitutions that hold out in this uniform way. Numbers, after having a few perfect fits of the Gout, from ſome error in conduct, or from the fatal effects of *preventative* medicines, diſcontinue to have them, though in the articles of meat and drink, they live pretty much in the ſame way as formerly. What is the event? They enjoy good health for two, four, or ſix years,

years, pleaſing themſelves with having got quit of ſo troubleſome a viſitor, and then are attacked with ſtone, gravel, dreadful cholics, jaundice, agues, dropſies, nervous fevers, baſtard peripneumonies, aſthmas, and all the *et-cætera* of human maladies.

FROM the premiſes, it cannot but occur, even to the ſlighteſt obſerver, that of all conſtitutions, the gouty is the moſt excellent, and, in the comparative view of greater and leſſer evils, that the Gout is the moſt deſireable of all diſorders. Wherever it attacks, there is an immunity from other bodily indiſpoſitions, except for ſome little time previous and ſubſequent to the paroxyiſm: the vital organs are ſound and unobſtructed; the appetite good; the ſecretions regular; the inclination for ſleep punctual to the hour, and that ſleep refreſhing; the ſpirits elate; the head quite clear; the imagination lively; and all nature beheld with complacency and ſatisfaction. What would man be at? The ſtate of the Deity? Never to ail? Never to feel ſick or ſore? He muſt firſt change natures

with the Deity. While he retains his own, and carries ſo much rude mortality about with him, he muſt take his chance with all the ſons and daughters of Adam, and have the Gout, or *ſomething worſe*. And, moreover, if any one expects radically to be cured of the Gout, without purchaſing thereby a more dangerous ſubſtitute, the fulfilment of his expectations and the forfeiture of his life will, probably, come together.

But there are ſtill *deſiderata* with reſpect to the Gout, notwithſtanding the preference we have given it to all other diſorders. If it could be ſhortened or alleviated, that weakneſs of the limbs ſubſequent to the Gout, or thoſe indurations of chalk that fill up the joints, be prevented, every mortal would have reaſon devoutly to wiſh for the Gout, as by far the leaſt and ſafeſt of conſtitutional ailments. So far from being ſurprized, after having indulged his ſenſes with the niceſt gratifications for a number of years, left no luxury unpurchaſed, no pleaſure unenjoyed, within the reach of his fortune, that the Gout

ſhould

ſhould attack him, he would look upon it as his beſt friend, like all *true* friends, ſevere on his vices and miſconduct; as the purifier of his conſtitution, and the renovator of his health. Theſe *deſiderata*, I think, are within the reach of the phyſician, provided he is a man of ſimplicity in his preſcriptions, a man of candour in his ſentiments, and a man of diſintereſtedneſs in money matters. The method I would propoſe will, in a great meaſure, ſet aſide the adminiſtration of drugs, be a teſt accordingly of his candour and liberality, and—will put him to the ſevereſt trial of all—will curtail his fees. If on theſe terms we meet, (and upon no other terms we can meet) I think the Gout will receive a blow, which, though often meditated, it has never yet received.

My method of ſhortening the fit, ſpeedily relieving all the ſymptoms, preventing the weakneſs of the limbs, and the conſolidation (as it may be called) of the joints, is nothing ſcientifically recondite, artfully involved, or myſteriouſly wrapt up; it is a ſimple outward application,

application, it is—BLISTERING. It will be ſaid, this is no new application, it is no new invention; it is as old as the firſt attack of the Gout. I own it, and ſo is *common ſenſe* as old as the creation; yet, how ſeldom do we meet with it! As ſeldom as chriſtianity on the ſtage, or ſelf-denial in the pulpit.—I can tell the reader more, that in moſt Treatiſes on the Gout, it is inſerted in the catalogue of arthritic remedies. But wherefore? It is never tried. In the recital of the King of England's titles, he is called King of France, and with as much *real* application to him, as hitherto bliſters have been to the Gout. I know a Dr. Smith* does ſomething with his patients ſimilar to *bliſtering*. He raiſes little bladders or pimples on the foot, by means of ſome

* Any one who has read his Pamphlets, may ſee he is not a perſon of liberal education, or conſiderable ſtock of medical knowledge, for the bulk of his ſentiments on the Gout is quotations from authors. Indeed it was not to be expected that a man bred a mechanic (as I am informed) could have had acceſs to the fountain-head of ſcience and information. Yet it is a matter of fact, that ſome of our beſt medicines have been invented by quacks, and ſome of our moſt *ſucceſsful* practitioners have not been *regularly* bred.

ſome irritating liquor* he lays over it. Like all ſnug uninaugerated doctors, he attributes the merit of his cure (for he has performed ſeveral, I am informed, in deſperate caſes) to certain tinctures or elixirs he gives his patients. I do confeſs he deſerves the benefits of his policy in this reſpect: a monopoly that conquers a diſorder hitherto eſteemed unconquerable, the *opprobrium medicorum et medicinæ*, and reſtores a bleſſing that is the ſweetener of all others, *health*, is a monopoly that almoſt carries off the deteſtation and odium of the term. Yet, begging the excuſe of the Doctor, (whom I have not the fortune to know) I muſt take the liberty of telling him, that the happy ſucceſs which has attended his deviations from eſtabliſhed uſage is not to be attributed to the contents of his bottles, (farther than they are invigorating and opening) but to his making artificial ſores on the foot. By this ſenſible, though *un-medical* method, the torture of the Gout is divided and broken. The exquiſite twitches patients feel, and can ſcarcely

* Probably the Ol. Vitriol. or the Tinct. Canthar. mix'd with ſome of the balſams, to diſguiſe and give it a conſiſtence.

ſcarcely endure, are from what I would call *arthritic reverberation*. The lightning of the Gout flaſhes downwards to the foot, there it meets with no conductor to carry it off, but recoiling, it darts back again along thoſe nervous channels which brought it down; thence repelled, it again and again deſcends, while the excruciated patient is almoſt ready to give up the ghoſt, under the direful reiterations of the electrical ſhock! But at this forlorn dilemma, the ſagacious obſerver of nature, the judicious excentric from ſyſtem, ſteps in; and by ſuitable applications, almoſt becomes indictable for magic and incantation: the ſkin, at his command, elevates itſelf into little veſicles and pimply tubes, by which, as its proper conductor, the phlogiſton of the diſeaſe effects a paſſage, and all the remaining ſymptoms bocome mild and tractable. The dreadful repercuſſions of the gouty ſpicula upwards and downwards, (if I may ſo expreſs myſelf) no longer alarm and irritate the patient. All is ſunſhine and calm, after the volcano has burſt and ſpent itſelf.

To quit metaphorical ground for that of plain language, the great and ſudden relief experienced by gouty people, who have been ſo fortunate as to have the ſurface of their feet bliſtered and ulcerated, is from the reſiſtance and tenſion being taken off. Fibres, membranes, and ligaments, ſtretched (as I would call it) on the rack, muſt be inexpreſſibly comforted, when the rack is removed.

It is remarkable, when Nature is oppreſſed with more than ſhe can throw off, by the common conveyances out of the ſyſtem, that ſhe makes *ſores* ſmaller or greater on the ſurface. Hence the ſmall-pox, meaſles, eryſipelas, miliary eruptions, ſcurvy, itch, common boils, ſcrophulous and carſenomatous tumours, &c. &c. If theſe fail to recover the conſtitution, and reſtore the habit, ſhe (infinitely provident as ſhe is) has no other reſource: life is irrecoverably on the decline, and death (ſometimes the moſt bleſſed of all doctors) is at hand. The Gout alone ſhe is unable to convert into a *ſore*. It would ſeem of ſuch a ſubtile and attenuated a nature, that it

it keeps too far within the receſſes of the ſyſtem, to be thrown out in the groſs matter of an eruption on the ſurface, or the ſtill groſſer matter of a phlegmon or ulcer. But as the conſtitution has not power equal to this, is it not indicated, by juſt analogy, that the phyſician ſhould not only be the imitator, but the aſſiſtant of Nature, by doing what ſhe is not competent to do, by raiſing an artificial ſore on the ſkin, to diſcharge, in the moſt ſafe and expeditious method, what ſhe would otherwiſe be obliged to ſtrain through the kidnies, in the form of lateritious ſediment, or elaborate and calcine into chalk and ſtone? The Gout, therefore, is the ſimpleſt diſorder in the world. It is an attempt of the conſtitution to *make a ſore*. With her kindlieſt intentions and beſt endeavours, ſhe cannot do it; art, therefore, ſteps humbly forward, and performs a taſk which the conſtitution ſolicits and encourages. The Gout, conformable to its corroding nature, preys on the part it ſettles in, if unaſſiſted; the limbs are ſeized with paralytic imbecility, or the membranes and ligaments become impervious and indurated.

Theſe

Theſe are the laſt *neceſſitous* operations of Nature (and kindly they are, though hard) to preſerve the generous flame of life in its ſocket, and pour new additions of oil into the half-exhauſted lamp. Were her admonitions and hints attended to, with common diſcernment and diſcretion, ſhe never would be reduced to ſo deplorable a neceſſity. In the ſtate of inflammation and exceſſive tenſion, ſhe would inſtruct the phyſician to carry *both* off by ſome ſufficient opening hard by. If he has the happy docility to be made wiſe by a teacher, ſo ſure in her indications, he will not embarraſs her by repetitions of loathſome drugs, which can have no more effect, taken into the maſs of fluids, to attenuate or diſcharge the arthritic matter in the foot, than the tickle of a feather along the eye-lids to cure a *gutta ſerena*. Nor even to the foot itſelf will any application, however emollient, relaxing, or anodyne,* have any effect other than a pernicious

* Dr. Warner, it is more than probable, fell a ſacrifice to injudicious applications of this ſort. He has, (tho' a Divine) written on the Gout more from experience agitated and miſguided by torture,

nicious one, and full of danger, by taking off the pain, which is Nature's means of keeping the arthritic matter there, and ſending it up again into the habit, from whence it ſeldom returns for that time, but faſtens on ſome upper joint or internal organ, or effectually lurks unfelt till the next fit, which it aggravates and complicates; complicates, by being forced, from the *double* quantity, to throw the gouty humour into the hands, wriſts and knees, as well as the feet; ſo that the unhappy patient has three topical diſeaſes at once, the *chiragra*, the *gonagra*, and the *podagra*.

EVERY one's recollection, converſant in ſuch matters, will ſupply him with many examples of gouty people being conſiderably relieved

ture, than clear diſtinct knowledge of the diſorder. His motive for publiſhing his book was humane and philanthropic; but it has done, and will do much miſchief, by recommending remedies with all the energy of experimental ſuffering, which abate pain, without diſcharging the cauſe of it, and mitigate the ſymptoms by repelling them into the conſtitution. He died at the prime of life, by impatiently trying expedients to render the evils of life more tolerable. A proper leſſon to others!

relieved by coming to Bath. Is it owing to the virtues of the Bath waters? No; they have none beyond thoſe of ſulphur, ſteel, and marine ſalt, (volatilely combined with a fluid) official articles of the apothecary's ſhop, and of the kitchen, which all men know, and which no one ſhould depend on as noſtrums. The unexpected relief ſuch people experience is by getting free of phyſicians and apothecaries, who, by keeping the ſtomach in a conſtant ſtate of relaxation and nauſea, with warm ſlops, and alterative, ſedative, ſudorific draughts, invite the Gout perpetually into it from all quarters, and diſable it from ſettling any where elſe, eſpecially in the foot. This is the primary cauſe of the ſudden relief they feel, inſomuch, that at the end of the very firſt day's journey from medical impriſonment in London, they begin to grow better, have a lightneſs of ſenſation over them, an hilarity of ſpirits, and a returning degree of appetite, which ſurprizes them. The next day increaſes all thoſe agreeable appearances, and ſo onwards, till they arrive at the *city of health*, which, thenceforwards, gets all the credit without

without having the merit of the cure. This appears ſo certain to me, that I am perſuaded, inſtead of coming to Bath, had they prolonged their journey to Edinburgh, ſpent a week or two in that agreeable place, and then returned to London, as great an alteration for the better in their general ſtate of health would have happened, as they fondly attributed to the waters of the Bath Pump-Room. I am ready to grant, that getting out of the jading circle of buſineſs, and the ſame dull ſeries of objects, getting, as it were, a reprieve from the harraſſing perplexities of thought, and the corroding anxiety of worldly cares, not to mention the ſalubrious inhalations of pure, for ſmoaky fœtid air, and the ſweet ſtillneſs of the ſhifted ſcene, in compariſon with the noiſe and hurry of London pavements, have all a notable effect in every patient's reſtoration to health.*

THE

* I would not be thought to depreciate wantonly the virtues of the celebrated Bath Waters, which have almoſt exhauſted the genius and eloquence of many writers to deſcribe, and expatiate on them. I allow them virtues; yet I cannot be convinced but that the *concomitants* of Bath expeditions for health, manumiſſion from drugs,

THE Bath waters never do good but when they act *purgatively:* otherwiſe they heat and ſwell the patient, and render him uneaſy. It is remarkable, that the uſual preparatives to drinking the Bath waters are medicines which act as evacuants of the inteſtines and of the kidnies. When theſe primary channels of the conſtitution are unobſtructed, the Bath waters paſs off freely and eaſily; but ſhould they happen to be in a contrary ſtate, they remain in the ſtomach, diſtend and diſturb it. All the merit then is in the preparation.—But I am far from intending to enter into an examination of theſe well-known mineral fountains of health; I only beg leave to declare my opinion, that the common appendages of theſe ſprings, *exerciſe*, *regularity*, and *freedom from care*, perform ninety-nine cures of an hundred recorded in the Bath regiſters. People of laxative habits find theſe waters rather

 coincide

drugs; a change of objects; of ideas, of ſenſations; clear air; regulated diet; exerciſe; going to bed early, and getting up accordingly; great *Bathonian faith*; a reſolution to pleaſe and to be pleaſed, (*the happy faſhion of the place*) bear off Hygeia's palm, from percolated ſulphur, ſalt, and ſteel.

coincide, than otherwiſe, with their conſtitutions: people coſtively diſpoſed would experience manifeſt injury from drinking them, if not aſſiſted by opening medicines: is not the deduction then obvious to common ſenſe, that it is the conſtitution, or medicines acting in place of the conſtitution, which atchieve all the miraculous cures of Bath? It is a burleſque on the underſtanding, to conſider any waters as *medicinal*, which require MEDICINE to give them efficacy. Bath, notwithſtanding, as the grand centre of attraction for the rich, idle, lazy, indolent, pleaſureable, hyſterical, hypochondriac, enterpriſing, fortune-hunting, inquiſitive, gambling, &c. &c. will never be without its thouſands, and its ten thouſands. I talk as a philoſopher and a phyſician, not as a maſter of the ceremonies, a member of the corporation, an undertaker of funerals, or a grave-digger. As the former particularly, I would take the liberty of aſſerting, that there are more ſudden, ſilent, unremarked, unaccountable deaths in Bath, than in any place in the world, not viſited by the plague; excepting, perhaps, Briſtol, and its

its environs, the Hot-Wells; for which crowds of unhappy perſons leave their country, friends, and relations—to find a grave! and where doctors fatten on the conſumptive remains of their ſpecies!

For inſtance, in the Gout, (the diſorder in hand) I would aſk, in the name of ſenſe and common honeſty, what effect can a ſcarcely aſcertainable portion of ſulphur, ſalt, and ſteel, in a glaſs of Bath water, have? Taken into the ſtomach, and mixt with the variety of juices it meets with in the deſcent, it is decompounded: the heavy ingredient, ſteel, paſſes downwards by its own weight, eſcaping the *lacteals* by gravity; and the volatile parts, taken into the circulating fluids, are too volatile to act, but paſs off without acting by all the ſecretory organs. Beſide, twenty times the quantity of either ſalt, ſteel, or ſulphur, contained in a libation of Bath water, may be taken without any demonſtrative effect in any diſorder we are acquainted with.

In moſt caſes, gouty patients returning from Bath, cured as they call it, after a few months' entanglement with a ſedentary life, buſineſs, fatigue of thought, diſpendium of ſpirits, and perturbation of mind, find that the Bath waters only deceived and diſappointed them; they, with their inſeparable attendants, change of place, objects, and cares, only coaxed and petted the diſorder for a time, but were impotent to conquer or diſcharge it. Hence we invariably find, that thoſe perſons (many of them peers and ſenators of the nation) who have been ſaid to recover miraculouſly at Bath, have, in the progreſs of half a year, or a year, been as formidably attacked as ever, have repaired again and again to the *pool of Betheſda*, with the ſame hopes and the ſame diſappointments; till, at length, Nature, worn out between the two, is no longer to be ſoothed and dandled, but yields to the inefficacy of mineral preſcription, regrets that ſhe ever lived ſo as to require them, and, in the moment of regret—becomes incapable of regretting.——On the whole, the merit of the Bath waters conſiſts all in *negatives*. To drink

drink them, you muſt leave the noiſe, hurry, and perplexity of buſineſs; you muſt leave your crapulary debauch, your bottles, your w——; nay more, you muſt leave your affected, hypocritical ſelf, for your beſt reſemblance, the *childhood of Nature*, and then drink the waters of life at Bath!

A GOUTY man, or a jaundiced woman, after an high life of luxury, ſatiety, diſguſt, loathings, reſt without ſleep, and ſleep without refreſhment; gratifications without deſire, deſire without ability,—comes down to Bath from the metropolis; inſtead of eleven o'clock, the metropolitan hour, they riſe at eight, (the etiquette of the place) and inſtead of whiling it away in their ſtove-rooms, I mean their chambers, with an attention to every crevice admiſſive of the air, as if it really admitted the plague, they commit their ſacred bodies to a chairman, or elſe, at ſome wonderful moment of reſolution, venture to walk on their very legs, without a carpet to entice them, and to look at Heaven without the intervention of glaſs. On this novel er-

rand of experiment they arrive at the Pump-Room, impatiently approach the bar, beg their glaſs of *more* than nectar and ambroſia, and ſwallow it with a vivacity of faith, which, I am certain, never accompanied their rehearſal of a Creed; next, with a devout recollection of the cup, ſit down for an hour, to let the magic work, the *Bethesdan* miracle take effect; then riſe up, as if by ſudden inſpiration, and repeat the goblet of incantation. Inſtantly the chairman is called, and off carries his *medicated freight* to coffee, tea, toaſt, and butter. All the while, the water-enamoured patients never recollect, that for ſome weeks they have been living in a manner quite different from that which brought on their complaints; of courſe, that this *reverſed manner*, not their potations of Bathonian *ſpring-water*, has wrought the change in their bodily health. No! their phyſician told them the contrary, which their own defect of ſelf-obſervation confirmed. Reſtored to a degree of health unexpected, by means which they miſtook; the Gout repelled for a ſeaſon, and the *bile* diſcharged by the common preparative

tive of the waters—*purgative potions*,—they ſpeak of Bath in a ſtyle of rapture; talk of its waters—I had almoſt ſaid—as if they were what Scripture calls *the Waters of Life*; by drinking of which men ſhould *live for ever*.—I mean not to burleſque *ſacred things*; I revere *them* too ſincerely to have any thing of the kind imputable to me:—I revere them as a CHRISTIAN: but how abſurd to think that a claſs of diſorders, which people have been contracting *for years*, (ſuch as the Gout) ſhould be *charmed away* by a few glaſſes of *ſimple water*, impregnated with mineral effluvia!!!

WE are told, moreover, by medical commentators on experiments, that it is a ſomething called *fixt air*, impregnating mineral waters, that gives them all their efficacy. Allow it to be ſo; how does it get into the ſyſtem? Theſe waters, we know, ſeldom do good, but when they act on the firſt paſſages, by promoting extraordinary evacuations: if ſo, this ſalutiferous *fixt air* muſt be carried down with the common contents of the bowels,

els, paſſing too quickly, by the mouths of the lacteals, to be abſorbed. On the contrary, if theſe waters have not this effect, they ſwell and incommode the ſtomach, deaden the appetite, and diſappoint the fond expecting patient. In either caſe, this *fixt air* never gets into the circulation, to operate on the ſmall veſſels, and finer ſecretions; even ſhould we ſuppoſe it not decompounded, and rendered evaneſcent, by being mixt and agitated with the gaſtric, as well as ſalival juices, which, I believe, cannot be proved not to be the caſe. We are ſo unaccountably prone to magnify the virtues of ſimples, mineral waters, noſtrums, ſpecifics, &c. that we have loſt all attention to the plaineſt things in nature; viz. that by getting out of a ſituation which brought on a diſorder, we begin that moment to get rid of it, unleſs there be ſuch an accumulation of foul humours, either inward, or near the ſurface, as to require powerful evacuants; or unleſs the violence and duration of the ſymptoms ſhould have increaſed, or conſumed ſome viſcus, on which life inſtantly depends. Which ever be the caſe, mineral

waters,

waters, alteratives; medicines, whether abſorbent, attenuant, demulcent, detergent, deobſtruent, tonic, reſtorative, will all alike prove their own impotency, the intereſted confidence of phyſicians, and the credulity of patients. People, in general, little know how much it depends on themſelves, to enjoy good health, or at leaſt tolerable degrees of it. Many perſons, voluntarily, and with their eyes open, *make* caſes for lawyers, becauſe they will not be at the trouble of *ſettling* them candidly among themſelves: and thouſands, with the ſame deliberation, *make* caſes for phyſicians, becauſe they will not be at the trouble to *uſe* means of health, every day in their power.

TREATING of the Gout, in its curative intentions, it was unavoidable to take ſome notice of mineral waters, principally thoſe of Bath, which, by being drank (eſpecially with purgatives) for a length of time, have indeed cured the Gout, or given *ſhort* fits of it, but have as ſurely brought on every ſpecies of paralyſis.

lyſis. Why are diſorders of this claſs ſo frequent now-a-days? Becauſe gouty patients have been treated with acids,* and cooling ſaline medicines, or have depended *ſolely* on the efficacy of Bath waters for a cure. In either caſe, the gout will be converted into the palſy, in the courſe of a few years; while the ſoothed, ſeduced patient is buoyed up with the hope of a *perfect cure* having been performed. I never ſee the Gout recede ſuddenly, that was accuſtomed before to attack in regular fits, unleſs I have alſo *ſeen* it ſubdued, nay diſcharged, by modes of treatment tantamount to the topical nature of the diſeaſe, but I ſuſpect—*anguis in herba*—a more fatal diſorder taking root, that, not many years after, will quickly carry off the patient, or

* The before-mentioned Dr. Smith, it ſeems, gratifies his patients with as much *acid juices* as they ever wiſh to call for; but then, let it be conſidered, that our wary doctor has, at the ſame time, opened a *ſore* on the foot, which both ſtations, and diſcharges the Gout. During this wiſe progreſs, the ſtomach and bowels are free of Gout, ſo that acids (otherwiſe highly miſchievous) can do no harm. The Doctor's giving all the merit of the cure to his *cooling juices*, and other medicines, is, perhaps, excuſable. He may deem it an innocent piece of medical craft.

or elſe make him a debilitated, crippled ſpectacle for life.——Nature, when ſhe makes her puſh to relieve the conſtitution, if ſhe be intercepted or counteracted, in a particular ſpot of her own chuſing, will generally make it towards the oppoſite quarter, or to the place it came from, as even here there is a ſort of action and reaction. If it came to the foot from the ſtomach, and is diſlodged from the former, it will attack the latter again with double ſeverity, and with double difficulty will be removed. In ſuch a caſe, if the happieſt and moſt prudent methods are not uſed, the Gout, probably, will ſeize the head, and hurry off the ſufferer in a fit of madneſs or apoplexy. So dangerous a thing is the diſappearance of the Gout, without a cauſe fully adequate to the effect!

THE progreſs of preſcription* in a train of ſymptoms, all ariſing from one ſimple cauſe, *the*

* In the different ſtages of the Gout, Dr. Shaw recommends no leſs than *fifty-ſix* different compound recipes, as if he had been determined that the apothecary ſhould go halves (to uſe a common phraſe) with the diſorder, in overpowering and ſubduing the

the Gout, is really wonderful. For inſtance, an arthritic cough is often taken for an obſtruction, and incipient inflammation of the lungs, whence a pulmonary tabes is to be dreaded.

the conſtitution. Even Dr. Ball, whoſe practice of phyſic was intended as an improvement on Shaw's, has a goodly number too, only ſixteen *leſs* than his predeceſſor. Other writers of practical ſyſtems, who have done infinitely more harm than good, not excepting even thoſe of Tiſſot and Buchan, viciouſly abound in the ſame exceſs of drugs.

Very few drugs are neceſſary in the Gout, and theſe ſhould always be of the ſimpleſt kind, and leaſt diſguſting, unleſs we have a mind to prolong the pain, and endanger the patient's ſituation. The trade of the apothecaries is become ſo conſiderable and lucrative, by the ſyſtematic *fellow-feeling* between them and their more learned brethren, that the eaſe, accommodation, comfort, and ſafety of the poor patient, are only ſecondary conſiderations. More than one half of our Pharmacopœia's muſt be lopt off, like the rotten parts of a tree; our apothecaries reduced one half in number; otherwiſe Art will continue to triumph over Nature, and the Doctor over the Conſtitution. Every phyſician, who calls in a load of medicines to his aid, gives a certain proof that he knows not what he is about; for if the patient's conſtitution, when it has fair play, is not able to ſtruggle with the diſeaſe, how is it poſſible drugs ſhould reſtore that conſtitution? If it is oppreſſed with *moveable* acrid humours, a few ſimple well-choſen evacuants will effectually relieve; but if its powers, its ſtamina, are gone, all the contents of all the apothecaries' ſhops in England cannot renovate them. When the emunctories are kept open, according to the indications of the caſe, nothing farther is neceſſary,

but

dreaded. The lancet gives flow to eight or ten ounces of blood; the patient is kept on barley-water; drinks ptiſans and pectoral decoctions, *ad libitum*; ſwallows ſtated ſpoonfuls of gums, balſams, or oils, made into emulſions. He feels himſelf, however, rather growing worſe, with the addition of weakneſs, oppreſſion, and diſordered appetite, unhappy days, and ſleepleſs nights. Theſe then are laid aſide as ineffectual. Anodynes, along with expectorants, are next preſcribed; the ſtorax pill, for inſtance. The cough is ſubdued, and ſleep procured: but mark the conſequences. The body becomes coſtive, the bile is detained; indigeſtion, ſickneſs, crudities, flatulence, cholic, ſpaſms, intolerable ſhooting pains, ſucceed. What is to be done? Why, opiates are to be diſcontinued, and cathartics to be adminiſtered, ſufficiently ſtrong

but to keep up the conſtitutional ſtrength of the patient, by means appropriate to the nature of the ſymptoms; give him free admiſſions of pure air, which is the medicine of Heaven, and keep him undiſturbed by the noiſe and impertinence of the world. If this method fail, human ſkill is at a ſtand, learning and ſcience have only to regret Adam's ſentence, "Duſt thou art, and unto duſt "thou ſhalt return."

ſtrong to force the inteſtinal paſſage, ſo long blocked up with narcotics. Solutions, therefore, of neutral ſalts, perhaps with the infuſion or tincture of Sena, are next to be ſwallowed. They are. The patient feels ſwelled, uneaſy, and ſtomach-ſick, and continues ſo till a violent puking comes on. The puking alarms by its continuance. Acids ſaturated with Sal. Abſinth. or the Rad. Columb. are forced down the patient's throat. In the mean time the limbs ſwell; total loſs of appetite, languor, and extreme debility, enſue; the *facies Hyppocratica* begins to appear, hiccups, ſingultus, and convulſions; till, at length, life goes out in a heave, or a groan!— The fatal progreſſion here is obvious. The firſt ſymptoms were miſtaken; miſtaken preſcription ſucceeded of courſe; every new preſcription made a new diſorder, and every new diſorder required a new preſcription: till between diſorders and preſcriptions, preſcriptions and diſorders, the patient felt himſelf let into Paradiſe, by eſcaping from both!* Often alſo, as

* Not for the gratification of the merely curious, but for the ſober reflections of the man of feeling and philoſophy, I ſhall hereto

as the laſt reſource, the patient's conſtitution having weathered out the reiterated *attacks* of

hereto ſubjoin the caſe of an Edmund Turner, Eſq; (a medical tranſaction which happened near ninety years ago) which was a violent pleuriſy, but by phyſical treatment, was precipitated into a peripneumony, that put an end to the unfortunate patient's ſufferings. He was attended by two phyſicians of reputation in their day, Dr. Fry, of Oxford, and the *famous* Dr. Colbatch, of London. Each accuſed the other of having *murdered* the patient, and, conſidering their formularies, it is hard to ſay which of them had the *merit* of conſigning the poor ſufferer to his everlaſting reſt. The former's preſcriptions were as follow:

℞ Ol. ſem. Lini (ſine igne) extract. lib. ſemis.
Sig. The Oil.

℞ Syr. Balſam. Tolat. unc. quatuor.
Sig. The Balſamic Syrup.

℞ Antimonii Diaphoret.
Coralli Rub. pp.
Margar. pp. ana drachm. duas.
M. f. pul. in Chart. 12 equal. reponend.
Sig. The Pearl Powders.

℞ Aq. Hyſſopi.
—— Cichorei. ana unc. ſex.
Limacum Mag.
Lumbricor. Mag. ana unc. unam ſem.
Cinnamon. Hord. unc. unam.
Syr. Capillor. Ven.
—— Violar. ana Drachm. ſex.
M f. Julap. Sig. The Julep.

℞ Emp. de Cicut. cum Ammon. unc. duas.
℞ Sem. Cumin. pul. unc. ſemis. Dr. Fry.

of pills, boluſes, powders, tinctures, lozenges, electuaries, emulſions, decoctions, infuſions, &c. he is ſent to Bath or Briſtol waters, to have a miracle performed on him: but as miracles have long ſince ceaſed, he is at length convinced, he might have ſtaid and died at home among his friends, inſtead of travelling two or three hundred miles off for—a doctor and a grave.

ALL

The patient (the ſenſible practitioner may well ſuppoſe) grew worſe, in conſequence of taking theſe compoſitions; upon which Dr. Fry is diſmiſſed, and Dr. Colbatch ſent for. He comes; *condemns* every thing that had been adminiſtered by his predeceſſor; and inſtitutes the following modes of cure, which terminated (as ſuch a farrago of prepoſterous drugs generally does)—in the diſmiſſion of the happy patient to that world where apothecaries are unknown. Copious blood-letting, *at firſt*, and afterwards a large topical veſicatory, would have ſuperceded theſe diſagreeing preſcriptions, and, it is probable, have ſaved the life of the patient.

℞ Oxymel. Simp. unc. quatuor.
Aq. Lactis unc. ſex.
—— Cinnamoni fort. drachm. ſex.
M. f. Miſtura. Cap. Cochlear. unum frequentur.

℞ Crem. Tart. unc. ſem.
Tart. Vitriolat. drachm. unam.
Sach. alb. unc. ſem.
M. f. pul. in ſex. Chart. diſtribuend. ex quibus cap. unam tertiâ quâque horâ in cochlear. ſyr. aceti. Superbibendo hauſt. Apozematis ſequentis.

℞ Fol.

ALL internal chronic complaints, that begin without any aſſignable cauſe, and are not attended with quickneſs of pulſe, with feveriſh heat and thirſt, by whatever name they may

℞ Fol. Hederæ terreſt,
Flor. Hypericon. ana M unum
Rad. Altheæ unc. duas.
Balſam. Tolutani drachm. unam
Aq. Fontani. lib. tres
Bulliantur ad tertiæ partis conſumpt. et coletur.
Colaturæ adde.
Oxymel. ſim. unc. duas.
Sp. Nitri dul. gut. xxv. M.
℞ Sem. Pſillii.
—— Cydoniorum ana unc. ſem.
Ponantur in Chart. ſeparatim.

I would not inſinuate that the foregoing medicines abſolutely deſtroyed Mr. Turner; but this much I will take upon me to ſay, that by inſignificantly engroſſing *time* and *opportunity*, they excluded a more rational, and, it is probable, a more ſucceſsful mode of treatment, which is *almoſt* tantamount.

If regiſters had been kept of all thoſe who have died of what I would call an *Apothecary-death*, *i. e.* of taking drugs, I might ſay with a certain well-known hiſtorian, "that the world itſelf could "not have contained the books that ſhould have been written." In all diſorders, to keep the ſtomach unoffended and undiſturbed, is one of the firſt requiſites of practice. But how ſhall a phyſician do this, while he is perpetually pouring into it diſguſtful nauſeating potions or boluſes! Even the ſtomach of a man in perfect health

may be called, whether hypochondriacal, hyſterical, epileptical, gravelly, bilious, &c. are THE GOUT, lurking in the fleſhy vaſcular parts,

would almoſt turn its inſide out at the appearance or ſmell of theſe miſerable ſuccedaniums of health. How is it then that we allow ourſelves to believe that a ſtomach, rendered doubly irritable and ſqueamiſh by diſeaſe, can poſſibly receive them? If the learned Doctor who preſcribes them, with all the aſſiſtance of ſanity and robuſtneſs, were obliged to ſwallow the one-fourth part of what he authorizes the apothecary to ſend the patient, not one preſcription of a dozen would be a—*memento mori* on the latter's file.

The ſtomach is the *primum mobile* of the ſyſtem, the main-ſpring of the machine. By throwing it into tumult or convulſion, you aſſiſt the diſturbance and irregularities of the diſorder, inſtead of quieting and harmonizing them; retard, inſtead of expediting the happy criſis. I can readily form an apology for our *under* brethren the apothecaries, who are only drug-merchants, and cannot refuſe a cuſtomer: but what will be ſufficient to bring off phyſicians with reputation, who, in order to alleviate the condition of a *ſick man*, by their loathſome medicines, render him *more ſick?* I would not be underſtood to mean here any preſcription that is intended to unload the ſtomach or inteſtines of their acrid contents, but medicines that are to act in an *occult* capacity, as ſedatives, correctors, ſweeteners, coolers, alteratives, aſſimilators, concoctors, &c. Theſe, when the ſanguineous circulation is violently agitated, the ſecretions and evacuations all intercepted, muſt either lie a dead load in the primæ viæ, or theſe primæ viæ muſt be ſtimulated to ill-timed, ineffectual efforts to get rid of them.—But a note is not the place to enlarge farther on ſuch *abuſes* of ſcience.——The ſubject ſhall be conſidered at another time.

parts, inſtead of attacking, with pain, ſome articulation or joint. They all require the ſame method of treatment; external ſtimulant applications, and opening medicines of the warm and invigorating kind,* with generous diet.

* In ſuch cold, backward, tedious diſorders, nothing is more common, than to take, when purgatives are requiſite, thoſe of a cooling, weakening kind, ſuch as Glauber's ſalts, Epſom ſalts, Rochelle ſalts, ſoluble tart. James's powder, &c. &c. than which nothing can be more injudicious or inexpedient. The common method of working them off is equally ſo; drinking large quantities of weak green tea, ſaltleſs water-gruel, chicken-water, &c. Whereas the firſt ſhould be ſpiritous, aromatic, and comforting; and the laſt ſmall drinks of warm brandy and water, gruel ſeaſoned with ſugar, nutmeg, and brandy. By this method, all is carried powerfully downwards, no languors or faintneſs ſucceed the evacuation, and none of the natural ſecretions are ſuſpended thro' weakneſs.

The caſe of a noble Lord is an example in point. I happened by accident to call at his houſe in the country, and found him in a moſt deplorable condition. He was pale and emaciated. His pulſe beat more thao 90 in a minute; a ſymptomatic fever had exhauſted him for ſome weeks before. His ſtrength, his ſpirits, his appetite for food, and inclination to ſleep at night, had forſaken him. He had excruciating pain in his right thigh, which, to the touch, felt hard and corded, apparently with humour prevented from moving downward. His Lordſhip could not ſtir off his chair, but was obliged to be carried by ſervants from one room to another. At the time I firſt ſaw him, he was ſitting with his limb held over a large veſſel of warm water, impregnated with herbs, while an attendant ſtuped it. During the operation (as may well be imagined) he was uſually ſeized

diet. In conſequence of perſevering in ſome ſuch method for a month or two, I have known many inſtances of the joints or external parts being ſuddenly ſeized with pain, or throwing

with languor, faintneſs, and ſickneſs. On enquiry, I found his Lordſhip had been all along kept on a low regimen, and was then taking ſaline refrigerent draughts, and purgative neutral ſalts. The diſorder, before it was diſguiſed and rendered anamolous by improper management, ſeemed to have been a *critical eryſipelas*, puſhing downwards to ſettle in his leg. This complaint, uninterrupted by the officious interference of art, and ſuffered to ripen for ſome time in the place it attacks, has ſaved many lives. It is like the Gout, as has been more than once obſerved: if repelled, alarming ſymptoms always enſue. His Lordſhip, however, ſubmitted to my advice. I ordered a large bliſter to be opened on his leg, and recommended a more generous diet. The hectic appearances in his caſe were the effect of *atonia* and debility. He had reſolution to perſevere ſome weeks in my method. Succeſs rewarded his Lordſhip's perſeverance. The repelled humours were once more ſolicited downwards; his pains above diminiſhed in proportion; his ſtrength, ſpirits, and appetite, gradually returned; and he ſoon got abroad, to the ſurprize and pleaſure of all who knew him.—Since that time (about two years ago) his Lordſhip has had a return of pain and ſwelling in his leg. He had not fortitude to bliſter a ſecond time, to diſcharge the acrid humour, but applied to ſome phyſician near him, who (I think very injudiciouſly) put him under a *mercurial courſe*. It has relieved the topical complaint, (as it always will) by dividing and ſcattering the humour through the general habit. But the diſadvantage of ſuch practice is this: If the conſtitution is not able to puſh down to the extremities another critical accumulation of the ſame kind, the conſequence is too likely to be, from a depravation

nd

throwing out critical eruptions and efflorescences, to the unspeakable relief of the patient. Nor have I the smallest doubt of success in every case, provided the period of life be not too far advanced. For in these, as in all disorders whatsoever, if the constitution does not cooperate with the physician, the skill and judgment of the latter can avail nothing. And I am likewise fully convinced, that in twenty instances of patients recovering happily, the constitution

and dissolution of the juices, a tendency to a lucophlegmatia, pulmonary decline, atrophy, jaundice, or dropsy. These consequences, I sincerely hope, will not happen to his Lordship, my friend, and my relation.———In general I would observe, that it would be happy for many people, at critical periods of life, could they be persuaded to put up with a pained or swelled leg, rather than run almost a certain chance of inward maladies, complicated and lingering. How much preferable is a sore tettering leg, to obstructed bowels, a rotten liver, or ulcerated lungs, not to mention a number of nameless internal grievances, which render all the enjoyments of life tasteless or insulting? Some people are foolish enough to say, "why should we break our skin? the worms will "do it soon enough: let us die in a whole skin, and with a whole "conscience." These, however, are no ways connected. To die with a whole conscience is, doubtless, a matter of infinite moment: but to leave this world in a whole skin, while the interior parts are in a state of abscess and putrefaction, would seem little worth the wish or care of man, whose characteristic is, "dust thou "art, and unto dust thou shalt return."

conſtitution has performed *nineteen* of the cures. Yet, even on this ſuppoſition, the doctor is fairly entitled to applauſe, by ſuperintending the operations of nature, in ſuch a manner as not to interrupt or contravene them. If the habit of body be good, and the ſtrength properly ſupported, the phyſician's merit is wholly negative, reſpecting *ſpecific* medicines, in relieving a preſent complaint.

HAVING, it is hoped, given the reader a favourable impreſſion of the uſe of veſicatorial applications to the feet, in *all* gouty caſes, it becomes the writer's duty to obviate, as far as he can, any *material* objections that may be made to his doctrine. I think they are reducible to *two*.—Firſt, That bliſters may occaſion a dangerous flux of humours to the part; and, ſecondly, that they may open a ſore or ulcer, which will not *ſafely* admit of being cloſed or dried up. There is more plauſibility than truth in theſe objections. With regard to the firſt, it need only be obſerved, that if peccant humours exiſt in the conſtitution, the ſooner they are brought to

a par-

a particular ſpot and diſcharged, the better. The longer they are allowed to circulate in the common maſs of fluids, the greater will be their power by acrimony to vitiate theſe fluids, and to accumulate by aſſimilation. In conſequence of this, ſhould a perſon be attacked ſome years afterwards with dangerous viſceral obſtructions, or fever, it would be ſmall matter of comfort to him, that he had before eſcaped a month's confinement, from a ſore on his leg or his foot. It is a common miſtake, that veſicatories diſcharge ſound as well as unſound juices. After ſuppuration has taken place, nothing can keep up the formation and diſcharge of purulent matter, but foul tainted humours. Where they abound, the diſcharge is always great, and often attended with bloody or dark-coloured ſanies. Bliſters do not generate this, but only ſolicit it by ſtimulation from all parts, and give it an outlet. When this ſort of ſtuff ceaſes, the ſore puts on a kindly appearance, looks clean and florid, and gradually cloſes and heals. Generally ſpeaking, in gouty habits, no great flux of humours to the bliſtered part is to be

apprehended. Had there been a large accumulation of ſuch in the conſtitution, inſtead of the gout, a fever, or ſome eryſipelatous tumour, abſceſs, impoſthume, or eruption on the ſkin, would have happened. Gouty habits, as already has been obſerved, are always the ſoundeſt and pureſt of any.

THOSE conſtitutions that are unable to form the Gout, are, for the moſt part, liable to ſcorbutic eruptions of the body, or eryſipelatous ſwellings of the limbs.* In real gouty

* In many caſes of this kind, ignorant and preſumptuous apothecaries take upon them to let blood, (the moſt ſacred operation in medical ſcience) adminiſter repeated purgatives, and after theſe are utterly at a loſs either to *judge* or to *preſcribe*. The reaſon is plain. Apothecaries ſhould *ſell* drugs, not preſcribe them. They are only drug-merchants, and have no more right to *impoſe* their merchandize upon people, than a ſhop-keeper has to commence a miniſter of ſtate, or a pedlar to ſtep into the trade of the Eaſt-India Company. From the Eryſipelas, or Scurvy, being repelled by deſiccative applications, aſſiſted internally by the frequent exhibition of draſtic purges, I have ſeen very dangerous conſequences enſue. I have been often called in to take care of patients almoſt put beyond the reach of prudent management, by the raſhneſs and blunders of the apothecary, and always found it a matter of tedious difficulty to bring the diſorder back again to the external parts. Yet, ſtrange to tell! the very apothecary, who has committed

gouty caſes, therefore, which are eaſily diſtinguiſhable from all others by the ſenſible practitioner, no derivation of humours to be apprehended will ever happen in conſequence of bliſtering. Whatever happens, I do venture to affirm, it will abundantly reward the patient's ſufferings, by relieving and lightening his conſtitution. Nor are his ſufferings beyond the ordinary degree of patience, and not to be compared with the pitching, gnawing, vellicating tortures of the *unaſſiſted* Gout. It is wonderful, what relief is immediately experienced on the bliſter being fairly riſen. The tenſion and excruciating ſtretch of the parts is taken off; and the limb can change its poſtures, and bear to be touched, without an increaſe of torment. In moſt caſes, however, there is a recurrence of twitches, or ſhooting pains, for eight or ten days, but they are ſhort and very endurable. When a copious

mitted the miſtake, will repeat it the very firſt call he has, notwithſtanding the ſcriptural injunction againſt murder, and the admonitions of the phyſician. This chiefly happens in country towns, where no phyſician uſually reſides, and where apothecaries, eſpecially thoſe *in years*, look upon themſelves as perfect Hippocrates's, in knowledge and experience.

ous proper digeſtion comes on, they vaniſh altogether: ſo that the extreme violence of the Gout, which, left to itſelf, uſed to laſt ſome weeks, in this way does not exceed two or three days in duration. The pain of keeping the foot or limb open by occaſional applications of the epiſpaſtic ointment, (reduced three or four degrees below the *official* ſtrength) is not to be mentioned, compared with the ſatisfaction that cannot but be the conſequence of patients' obſerving the *real matter* of Gout daily carried out of the ſyſtem, by the diſcharge of pus or ſanies; whence, if the ſore be kept in a running ſtate for a reaſonable time, there is a full ſecurity againſt any dregs of the fit remaining in the habit, either to weaken or cripple the convaleſcent's limb during the interval, or to lay up fuel for the more furious accenſion of a future fit. The *reaſonable time* will never be miſtaken, by the accurate phyſician. In general, it may be truly ſaid, that keeping the bliſter open a little time longer than is *merely* neceſſary, will be attended with no bad effects; whereas drying it too ſoon may, by leaving part of the arthritic

arthritic acrimony undiſcharged. Of the two extremes, the former would ſeem eligible on every account. As to the proper parts to be bliſtered, I would recommend the upper ſurface of the foot, or immediately under the calf of the leg, in the inſide. After the ſore is made, it may be alternately dreſſed with Emp. Attrah. and the Unguent. Epiſpaſt. let down three degrees. It conſiſts officially of bliſtering-plaſter and hog's-lard, half and half; four of the latter and one of the former, make a mildly irritating digeſtive dreſſing. In caſes of great pain, inflammation, and tenſion, (which rarely happen) ſoft poultices, of boiled bread-and-milk and oil, may be occaſionally applied with good ſucceſs.

OBVIATING the firſt objection to bliſtering, in ſome meaſure anticipates the ſecond. If there be no accumulation of humours in the part, there can be no danger of a laſting ſore or ulcer. Even ſhould a conſtant running or oozing happen, the arthritic patient is to be felicitated who has it, as it will infallibly preſerve him from a return of his diſorder,

diſorder, with a ſmall portion of gentle treatment on his part, ſcarcely amounting to more than the care neceſſary to be obſerv'd in cutting a *corn*, or dreſſing a ſeton or an iſſue. Should it run all his life, he has a chance of being free from the Gout all his life; a ſufficient remuneration, ſurely, for a little extra attention!

I HAVE known little pipes or ſinuſes, kept open for years in different parts of the foot, with remarkable good effects, particularly in the heel, and under the ball of the big toe. Such gentle drains are eaſily managed, and only require ſome ſoft digeſtive dreſſing. A mild inodorous ſort of fluid, reſembling cream in colour and conſiſtence, is generally what is thrown out by theſe channels. It ſeems certain, that this creamlike liquid, by being detained, and its thinner parts abſorbed or diſſipated, is the origin of thoſe chalky concretions, which firſt obſtruct, and then indurate the joints. How reaſonable then to give it a diſcharge in its fluid ſtate, and thereby prevent thoſe hard concretions which never fail to render the patient a cripple for life!

WITH regard to the proceſs of bliſtering in the Gout, I am aware of being unſupported by the writings or practice of modern phyſicians. It is true, in moſt ſyſtems of phyſic, we find it mentioned, as one of the catalogued remedies for this diſorder; but in ſuch a way as rather to diſcountenance the uſe of it, than otherwiſe. Dr. Cadogan condemns it, without aſſigning any reaſon of ſufficient weight.* It is evident he has not given it a fair trial, conſequently, has no right to pronounce its inutility. The authors who have animadverted on this elegant writer are alſo ſilent on the ſubject. Dr. Falconer, of Bath, introduces, and appears to adopt, Hoffman's admonition, "Primum monendi ſunt poda-"grici ne *ullo modo* corpus medicamento affli-"gant."† All theſe writers have ſhewn much ingenuity

* Diſſertation on the Gout, pages 74, and 84. Third Edition.

† Obſervations on Dr. Cadogan, &c. page 80.

This laſt-mentioned Gentleman has this expreſſion (page 11) 'I am well convinced that diſeaſes are incident to human nature.' Does Dr. Falconer ſpeak his opinion here as a philoſopher, or as an *Orthodox* Chriſtian? As the former, he cannot believe that diſeaſes have been hereditary to the ſpecies from Adam; therefore, he

ingenuity in the minutiæ of inveſtigation; have gone through all the articles of food and drink, with critical preciſion, but have left the ſubject *eſſentially* as embarraſſed as formerly. Deep hypothetical reaſoning, about an object of common ſenſe, cannot but lead aſtray. The podagral Gout is viſible to the eye, is of the phlegmon kind, but not ſo near the ſurface (like common phlegmons) as to break the ſkin, therefore it calls upon art, and ſolicits a diſcharge.

THE lower orders of the faculty, likewiſe, I have known to be quite alarmed and intimidated at the very mention of opening a ſore on gouty limbs; thoſe very men who will boldly undertake the conduct of *fevers* (the moſt dangerous of all diſorders) at the moſt important time, that is, at the beginning, when

he muſt believe in *original ſin*, and that exceſs and intemperance are incident to mankind. But if diſeaſes are incident to human nature, ſo are doctors: of courſe it follows, that doctors are a part of the *puniſhment* (I wiſh I could call it a ſmall part) annexed to the original tranſgreſſion; and that as long as *original ſin* laſts, doctors will laſt. Before Dr. Falconer informed me, I had no idea of phyſicians being ſo high up in antiquity.

when there is the greateſt occaſion for the expert and ſagacious phyſician.* Yet, reſpecting the external management of the Gout, by bliſtering, theſe willing practitioners ſtand aghaſt with terror and diſmay. It is acknowledged, ſomewhat to abate our ſurprize, that few medicines will be neceſſary during the progreſs of bliſtering. One excellence of this method is, that it ſupercedes the uſe of precarious drugs, eſpecially *all alteratives*, which are the moſt abſurd claſs of medicines in the world, the moſt diſappointing to patients, and the moſt lucrative to apothecaries. In proſpect of *theſe* altering the nature of the diſeaſed animal juices, and regenerating the corrupted maſs of blood, the under-ſtrappers of medical ſcience will drive you back in a moment the eryſipelas, the ſcurvy, the cancer, or any other outward critical

* For to take up a right idea of a diſorder at firſt, and to ſet forward in a judicious mode of treatment accordingly, is the ſum of medical practice. If bleeding, vomiting, and purging, have been inſtituted, not to mention the topſy-turvy exhibition of what are called the capital officials, before the phyſician is ſent for, (which is commonly the caſe) is not his frequent want of ſucceſs eaſily accounted for? The original complaint has been fatally diſguiſed or altered by the apothecary's adventurous and hurrying treatment.

critical diſeaſe. It is only taking ſo many draughts, ſo many powders, ſo many boxes of pills, and they will indemnify you from a a return of the diſorders now ſpecified. Our *more* than *Galens* are right: they never return. Inſtead of them life is quickly ſhortened by a fit of the apoplexy or palſy, jaundice, dropſy, or œdematous putrefaction of the humours. It is a melancholy reflection, that the Art of Healing is like the art of banking or merchandizing; the more that can be got by it the better. Conſiderations ariſing from philoſophical ſenſibility, or religious convictions, can never be ſuppoſed to affect minds abſorbed in the love of money, whoſe idol is gold, and whoſe god is their belly.

The proceſs now recommended, though it effectually and expeditiouſly cures, I may ſay eradicates, a preſent fit, poſſeſſes no power to anticipate or prevent a future one. To do this, would be to act on a thing not exiſting; for after the termination of a perfect fit, *thus managed*, the conſtitution is as free of gout as if it never had had it. The Gout is to be conſidered

conſidered in analogy with other complaints of a periodical kind. I here particularly mean ſwellings and eruptions of the eryſipelatous and ſcorbutic kind; aſthma, hæmorrhoids, &c. Upon the diſappearance of theſe, after having had their effect, the patient's juices are entirely free of eryſipelas, ſcurvy, &c. Why the foul acrid humours of the human body ſhould be thrown off, ſometimes by gout, ſometimes by eryſipelas, ſometimes by hæmorrhoids, ſometimes by fevers, &c. &c. muſt be reſolved into a peculiarity of frame and ſtamina. I have even known theſe ſeveral diſorders convertible into each other, and ſupplying one another's place, with equal relief to the conſtitution: which proves, that accident, as well as the original tone and texture of the parts, is not unfrequently concerned. But it is a point of moment gained, that the moſt violent attack of the Gout is, almoſt totally, carried off by bliſtering, or rather, that the irritation from the flies is the only pain felt; which, in compariſon with the tortures of the Gout, may be rather called a ceſſation of pain, than a continuance of it;

MANCHESTER MEDICAL SOCIETY

not to mention the certain prevention of chalky indurations. During the whole operation of bliſtering, the appetite is good, and the ſpirits alert, contrary to what happens in the unaſſiſted Gout; and, generally ſpeaking, the patient paſſes the night eaſily; indeed as well as can reaſonably be expected, conſidering he is conſtantly in a ſtate of reſt, either in his chair or bed, and doing little or nothing, through the day, to bring on a diſpoſition to ſleep.

I AM hereby brought to make ſome remarks on *diet*, and the uſe of *opiates* in this diſorder; which I ſhall do as briefly as poſſible, conſidering that this pamphlet has already ſwelled to a large ſize, and that two caſes, illuſtrative of the writer's practice, yet remain to be introduced.

WITH reſpect to diet, I would almoſt enjoin no reſtrictions. In general, I would allow patients to eat and drink what they have been moſt accuſtomed to, conſequently, what they will always take with the leaſt diſguſt, and chance

chance of indigeſtion. Whatever the appetite longs for, amounts to an inſtinct which ought not to be ſuppreſſed. The ſtomach will never be diſtreſſed with what it takes in with avidity and pleaſure. This ſort of ſpontaneous deſire is a ſilent declaration of nature, that ſhe is ſufficiently able to carry perfectly, through, the operations of aſſimilation, digeſtion, and chylification. Food otherwiſe taken into the ſtomach, is againſt her conſent, therefore can never have her kindly aſſiſtance, to convert it into wholſome chyle and nouriſhment; and without her aſſiſtance, indigeſtion, crudities, flatulencies, and ſpaſms, will ever be the conſequence. I would, however, make this obſervation; that the firmer and the more generous the diet is, the better. The ſtomach can lay hold of articles within this deſcription, and operate properly upon them, by the muſcular force of its coats, and the effuſion of its juices: whereas all greaſy ſlops, jellies, creams, &c. elude the action of this important viſcus, continue unmixt and unaſſimilated with theſe juices, relax and weaken its fibres, and remain a load to be protruded by

the help of purgative medicines. A variety alſo of aliments, provided they are of this kind, is rather favourable than otherwiſe to the proceſs of digeſtion. The only danger ariſes from exceſs in quantity. The conſtructive powers of the ſtomach are equal to a certain proportion of ſolid food: beyond this, they are too much ſtretched, of courſe weakened, and rendered incapable of re-contracting. No man can be miſtaken in his *quantum ſufficit*, who has, in a few inſtances, attended to what his ſtomach *can do*. If he overpowers its digeſtive faculty, by taking as much at two meals as might have ſerved for three, every man of ſenſe may prejudge the conſequence.—Good ſound table-beer, thoroughly hopped and boiled, ſo as to have parted with its viſcidity, would ſeem the beſt of all drinks at dinner. After it, I would recommend any *pure* ſpirit, with its proportion of water that has boiled, rendered agreeable with ſugar, but without acid; the modern unreſtrained uſe of which is one principal cauſe of the many latent lingering diſorders that are every day increaſing among us,

and

and which we cannot reduce to any certain type. Port wine, as generally drank, (and it is aſtoniſhing what quantities are daily drunk) is, for the moſt part, in a ſtate *of ſickneſs* or *fermentation*, therefore totally unfit to mix with the aliments and juices of the ſtomach. With regard to the proportion of generous liquor to be indulged in after dinner, every man muſt judge for himſelf. It ſhould never be below an agreeable elevation, but always *obſervably* ſhort of ebriety. It is a miſtake, ſurely, that what is called *drinking* brings on the Gout. Genuine liquors paſs off freely by all the emunctories. Their very fluidity prevents them from ſtaying, to be the cauſe of congeſtion or obſtruction. Nay, their action in the ſtomach and firſt paſſages ſtimulates and promotes every ſalutary ſecretion. No one ever knew a dram-drinker ſubject to the Gout. This I do not remark, to encourage dram-drinking; but merely to prove, that it is not the uſe of ſpirits, either moderately or immoderately taken, which produces the Gout. That ſort of pungent redundancy, which is the parent of this dreaded

diſeaſe, ariſes from rich groſs food; ſauces, jellies, pickles, and ſpices; firſt of all loading the *primæ viæ*, and then paſſing crude and unſubdued into the general aggregate of fluids, by which the natural ſecretions are interrupted, and the capillaries choaked up.

OPIATES are next to be conſidered. The *ſalutary* effects of *theſe* are, to allay pain and procure ſleep: the prejudicial, to excite heat, thirſt, nauſea, relaxation, languor, &c. In caſes of extreme pain and wakefulneſs, the temporary inconveniencies of narcotics muſt be overlooked, and a quantity, proportionate to the urgency of the occaſion, fearleſsly be adminiſtered. If exhibited with a timid, miſerly hand, anodynes increaſe the ſymptoms they are intended to relieve. The common exhibition of *Laudanum* is in a draught, made of ſome ſimple diſtilled water, with other ingredients; the efficacy of the opiate is thus diminiſhed, and the expected ſedative effect fruſtrated: For inſtance, if 30 drops are preſcribed in a vehicle conſiſting of three ounces, the effect will not be equal to *ten drops* ſwallowed

lowed by themſelves; of courſe, a diſappointment both to the phyſician and patient, perhaps in ſome critical ſituation, will be the natural conſequence.* The form I generally preſcribe it in, is a ſimple one, as every thing in phyſic ought to be, as far as poſſible. The vehicle is an ounce of any plain ſyrup, (moſtly the Syr. Caryophill. on account of its agreeable taſte, and elegant colour,) a drachm of the Tinct. Thebaiac. and a drachm of Spir. Sal. Ammon. dul. to render the opiate light on the ſtomach. Three tea ſpoonfuls of this agreeable *anodyne ſyrup*, taken about half an hour before the patient goes to bed, will perfectly anſwer all common occaſions. To prevent, however, its conſtipating effect on

*This miſtake, of mixing powerful remedies with what weakens them, is not confined to opiates. Emetics, by the due operation of which many diſorders are checked in embryo, have been taken to no purpoſe, or to a bad one. Before the coats of the ſtomach have been ſufficiently irritated, to produce that ejection of its contents we call vomiting, baſons of tepid-water, or chamomile-tea, have been repeatedly ſwallowed; by which the ſtomach is intolerably diſtended, its contractile power deſtroyed, and the patient forced to uſe feathers, and every other foreign provocative, to be relieved from the pain and diſtreſs of his ſituation.

the bowels, I always recommend ſome not diſagreeable liquid purgative, to be taken early in the morning, which, towards the evening, ſeldom fails to operate kindly. My favourite medicine is the following, of which two or three table ſpoonfuls will be a ſufficient quantity.

℞ Infuſ. Senæ. Limoniat. unc. quatuor.
Tinct. Sen. unc. duas.
Spir. Nit. dulc. drach. duas. M.

This acts notably, not only as a purgative, but as a diuretic; a circumſtance of particular conſideration in gouty caſes. Thirſt apart, I never make it a point with a patient to drink, in conſequence of having taken the cathartic draught. Large quantities of fluids, ſwallowed *ſyſtematically*, have the effect of relaxing the ſtomach and bowels, and weakening the operation of the medicine. Much diſappointment follows the ingurgitation of liquids in this way. If the conſtitution does not demand them, by the indication of thirſt, they always diſtend, load, and oppreſs.

I HAVE

I HAVE now ſaid all that I intended, on the Gout. I did not think it neceſſary to enter into deep hypothetical reaſoning on a ſubject which is, in my judgment, obvious to common ſenſe. Should I find it expedient to do ſo afterwards, in juſtice to myſelf and my argument, I ſhall not neglect any advantage it may appear to put in my power. At the ſame time, it will be with reluctance I ſhall be induced to launch out into theory. I have no object but the inveſtigation of truth; and rather run the riſk of contracting, than extending my line of buſineſs, by this publication.—He who ſpeaks out with regard to *apothecaries*, (and every man of ſpirit and liberal education ought) will be always ſure to make enemies of the conceited and ignorant among them. The ſenſible and candid I reſpect, and am ſure of having as my friends. Half a dozen of theſe, with half a dozen patients, I would prefer to an hundred of another deſcription, with a patient to each. To procure patients at the expence of ſtooping to benefit apothecaries, by ſending a load of pompous, uſeleſs preſcriptions to their ſhops, which my patients

ents *muſt* ſwallow, is a mode of making money not on my liſt of *deſideranda*.—Nor was it poſſible for me to write on the Gout, without being pointed in my remarks on Pharmacopoliſts. They have ſuch multitudes of chronic caſes continually on their hands, moſt of which originate from a lurking or ill-treated Gout, which their betters in the profeſſion have taught them faſhionably to call *nervous* and *bilious*, that they unavoidably came in my way. I ſhould not otherwiſe have ſought them out. Their common method of treating ſuch invalids, is at once lucrative to the one, and pernicious to the other. The ſtrongeſt ſpiritous mixtures of the ſhop, nervous tinctures, and hyſteric draughts, are regularly taken for months and years; whereby the ſtomach becomes ſo habituated to artificial heat and invigoration, that it loſes its natural feelings and tone. Without them, it feels cold, relaxed, and oppreſſed with flatulent diſtentions and ſpaſms. Every bottle of apothecary's cordial lays a foundation for another, till the unfortunate *dram-drinker* cannot exiſt without it. The only difference between dram-drinkers

of

of this claſs, and *common* ones, is, that the *liquors* they uſe come from the apothecary's, and thoſe of the latter from the gin-ſhop.—*Medical dram-drinking* is much more dangerous than the vulgar uſe of ſpirits; for the habit is contracted under the ſanction of ſcience and learned advice. Muſk, camphor, aromatics, bitters, gums, balſams, eſſential oils, &c. do not alter the nature of the proof and rectified ſpirits they are mixt with; nor do the utmoſt virtues of the former half ſo much good, as the habitual uſe of the latter does irreparable harm. The conſtitutions that have a *temporary* relief from them, are all of the gouty kind, from ſome concealed, deep-ſeated acrid humour, probably of the eryſipelatous or ſcorbutic kind. How dangerous then muſt that practice be, which prevents it from coming out in ſome topical paroxyſm or critical eruption! And how eaſily accounted for the many ſudden and unexpected deaths we hear of, from this one miſtaken principle of practice! The Gout periodically attacking the joints, or diſſipated in raſhes and effloreſcences of the ſkin, is the preſervation of life, and renovator

novator of health: but when coaxed with *alteratives*, and ſuppreſſed, it often in a moment terminates life, or produces a train of inward maladies, which render death deſirable.

I BEG it may be underſtood that, in the foregoing free ſtrictures, I allude to no particular perſon: my objects are *things*, not *perſons*. A practice that is found among the loweſt and worſt of mankind, attacking *private characters*, would ill become the dignity of ſcience, or the noble ſpirit of philoſophy. After this intimation, ſhould any *profeſſional reader* make ſelf-applications, he muſt be accountable to himſelf for them. The preſervation of life, and the conſervation of health, are objects too momentous, to have injuſtice done them, from dread of offending perſons who conceive the offence from *knowledge of themſelves*, and the recurrence of memory to events, which have involved families and neighbourhoods in ſudden affliction and diſtreſs!——But to end with the caſes.

TWO

TWO CASES *of the* GOUT, *treated on the foregoing plan.*

CASE FIRST.

THE firſt caſe I ſhall take the liberty of mentioning, is my own, being prior in time to the other. At an early period of life, my conſtitution was ſuperintended with ſuch ſcrupulous attention, that I became delicate, though not unhealthy. My mother adopted the notion, that vegetable, not animal food, was the propereſt for perſons in the younger ſtages of life; that the former laid no foundation for diſorders, but that the latter did. This notion, though an erroneous one, in our cold, damp, invariable climate, was not peculiar to her. It is a general notion, firſt taken up on no principle, and afterwards propagated and inforced, as error and folly commonly are, by

by habit and faſhion. But to do a piece of juſtice to an excellent parent, (for which the reader of ſenſibility will not condemn me) let it be obſerved, that ſhe had a particular reaſon for the management of her children. Her family* (a numerous one) had been all prematurely cut off, as was aſſerted by the phyſicians, by *putrid livers*. She herſelf fell a ſacrifice, as was believed, to the ſame hereditary complaint, before I was capable to judge of it, or to feel the misfortune of loſing her. It was natural enough for her to conclude, therefore, that by bringing up her children on a *low, ſpare* diet, ſhe ſhould counteract the morbid indiſpoſition which was preſumed to have made ſuch havock among her deareſt relations. What ſhe intended well, however, turned out of fatal conſequence to three of her daughters. Had I not originally been of robuſter ſtamina, and pretty early ſituated to attend to *medical effects*, I ſhould have gone the ſame family road with the three who went before me, in all probability. In the firſt year I attended the Univerſity of Edinburgh, I was attacked

* Lord C——'s.

attacked by a nervous fever, of the worſt kind, which laſted ſix weeks, and from which I recovered, under Divine Providence, by the care and ſkill of the late Dr. Rutherford,* one of my firſt revered medical maſters. I recovered ſlowly, but effectually, by retiring to the country, and relinquiſhing my ſtudies for that ſeaſon. My critical eſcape put me into a train of thinking, relative to my conſtitution. I was led to conclude, that rigid abſtemiouſneſs is not temperance, and that living extremely low brings on diſorders of the moſt lingering and dangerous kind. I changed my manner of life, and, from many years' experience, am convinced, I did change it for the better. I indulged in animal meat of all kinds, reſtricted myſelf in vegetables, and *drank* generouſly of wine, contrary to my uſual cuſtom. I commenced ſtudent again, and enjoyed perfect health for a long time after I had taken my degree, and had quitted Edinburgh; a city I ſhall never remember but with gratitude and affection.

About

* Then Profeſſor of the practice of Phyſic; a fine ſcholar, one of the firſt phyſicians of his time, and an excellent man!

About ſeven years ago, I was ſeized with tedious complaints in my ſtomach, and about the hepatic region. I took a variety of medicines, but with no other advantage than cauſing my diſorder often to ſhift from the ſtomach to the vertebræ of the loins, thigh-bones, and knees. From its ſhifting quarters, and often moving with quick tranſitions, I concluded my real diſorder was the Gout. I refrained from all drugs, except ſometimes Pill. Rufi, or Pill. Aromat. and had my legs bliſtered. The conſequence was, very ſoon, a fair fit of the Gout, which went entirely off, when the bliſters had done their duty, and left me in poſſeſſion of God's greateſt bleſſing, *perfect health*, and the uſe of my limbs. Since that, I have had three attacks of the ſame kind, which I treated in the ſame way, and with the ſame ſucceſs. Indeed I may ſay with greater, as every ſubſequent fit has been leſs and leſs ſevere, and for two years paſt I have been totally free of all complaints of the kind. Indeed it is proper to obſerve, that I live with regularity; ſimple in my diet, but ſteady to a certain quantity of the beſt liquor.

What

What I mean is, ſuch a quantity as *elevates*, without in any degree *intoxicating*. Taken with a reference to this medium, liquors, if old and ſound, are *the inward cloathing of the body*, in our foggy damp atmoſphere.

ONE general remark may be made on the foregoing caſe, viz. that a conſtitution may be ſo altered in the courſe of a few years, by regimen, as really not to be the ſame it originally was.

CASE SECOND.

THE Rev. Dr. LILL was my patient, about five months ago,* in Bath. He is ſubject to the Gout, as he mentioned to me, by hereditary right, contrary to my hypotheſis. It is a plauſible opinion, has a *family look*, and will never want advocates, even among men of ſenſe. As I cannot expreſs myſelf to better advantage, than in the doctor's own words, I hope he will pardon me for uſing them. His

 narrative

* November, 1778.

narrative is as follows: "I have had the Gout "ſmartly above twenty years. My grand- "father was troubled with it, and, I believe, "died of it. My father never had it, but "died of a ſuppreſſion of urine, ſuppoſed to "proceed from ſtone and gravel.* The in- "tervals between the two or three firſt fits "of Gout I had, were diſtant from each other "about two years and nine months. I have "kept an account of the different attacks "ſince one in April 1764, and have it now "before me. It was two months before I "recovered the entire ſtrength of my feet and "legs in this fit.

"June 1766, I had a ſlight fit, which did "not confine me: it was in the right great "toe, and left inſtep.

"Aug. 1769, I was attacked while bath- "ing at the ſea. I returned home, and, by "the advice of a navy ſurgeon, I applied a "rye-meal poultice, which had a ſurprizing "good effect for the preſent, by removing "the

* Moſt probably originating from a gouty cauſe.

" the pain, which allowed me to reſt: but
" upon the 27th of the ſame month, it re-
" turned with double violence; ſeized my
" right foot, both my hands and wriſts,
" where I had never been troubled with it
" before. I was above two months confined.

" April 1771, I had a ſmart fit, which,
" though not ſo violent as the laſt, occaſioned
" as great and long a weakneſs in my limbs.

" April 1773, a fit began with a pain in
" the heel, for the firſt time. By poulticing
" and opening it, it diſcharged a ſubſtance
" like *cream*. The pain ſpread to every limb,
" not ſparing the elbows. By getting too
" ſoon on horſeback, I relapſed, and was
" worſe than at the beginning of the fit.—
" My heel was ſo inflamed and painful, as to
" prevent ſleep 24 hours. I was relieved by
" poultices, which were kept on five weeks.
" It diſcharged much white ſtuff. I was con-
" fined to my room eleven weeks.

" June 1775, had a ſlight fit. Heel very
" painful, and, when opened, diſcharged
" much gouty white ſtuff, which gave eaſe.

" March 1776, had a fit brought on by a " fall in the froſt. It attacked my hands, feet, " knees, elbows, &c. I was near a month " turned in my bed with a ſheet. Went out " in the carriage April following.

" February 1777, had a ſevere fit, at Bath, " which continued near a month. Went in " a ſedan-chair, in a very cold day, about the " Creſcent; caught cold, and two days after " was attacked. Went out in a carriage " March 27th following. In this fit I was " much troubled with the heartburn. Was " relieved by drinking warm tar-water, from " which I always found benefit in the Gout. " —At Bath, November 1778, the laſt fit " began."

Upon being ſeized with this laſt fit, the doctor ſent for me, having known my manner of treating the Gout before. I found him in bed, and under the apprehenſion of a ſevere and tedious fit. He reſolutely adopted my plan as ſoon as propoſed. I applied bliſters to the upper part of his feet, and took meaſures

ſures to renew the diſcharge of his heel, which had been cloſed for ſome time, but exquiſitely tender to the touch, and evidently incloſing much cretaceous obſtruction. The bliſters roſe, and diſcharged well. His pain from tenſion, &c. was ſenſibly abated. He could ſuffer his legs and feet to be gently handled, and could, with ſmall aſſiſtance, change poſtures; which had not been the caſe in former attacks. I gave him no medicines but warm bitters of the purgative kind, and for the firſt few nights, an opiate, which procured him ſleep. I alſo found it neceſſary to bliſter the inſide of the left arm near the wriſt, as, together with his feet, it was ſeverely attacked. The heel alſo, by proper applications, was opened, and diſcharged much of a thick creamy ſort of ſubſtance. This proceſs was carried on with ſteadineſs for three weeks. My patient's fortitude never failed him. Indeed he often expreſſed himſelf happily convinced, that the pain of bliſtering is ſcarcely felt, in compariſon with the racking tortures of the Gout. His ſpirits and appetite were good all the time, and he enjoyed his friends

every day, with that good-humour and pleaſantneſs which are natural to him.—The weakneſs of his knees and ancles, however, is ſtill his matter of complaint; and, I am afraid, will while he lives. I ſhould be truly happy to ſay otherwiſe, could I ſay ſo, and be honeſt. Every fit he has had, has left his joints more and more diſabled with cretaceous obſtruction and rigidity. Hence the feebleneſs of his limbs, and his incapacity of uſing that exerciſe he formerly was fitted for, and delighted in. I except the laſt fit in this remark. The gouty humour was then diſcharged in the firſt ſtage, before it had time to ſtagnate and ſettle in the lacunæ, ligaments, and membranes of the joints. Had his firſt fits been treated in the ſame way, he would now have had the perfect uſe of his limbs. All that can be done in future, will be to prevent any farther accumulation of chalky ſediment; which can always be done by the mode of treatment he has lately undergone with ſo much conſtancy.

I HAVE had the favour of a letter from this gentleman lately, dated Bath, April 8th,

1779.

1779. He informs me, "that his heel conti-
"nues to diſcharge, but that his knees and
"ancle-joints are extremely weak." The
firſt, if it be kept open, and invited to throw
out its contents, will, probably, preſerve my
worthy patient from future attacks of the
Gout, at leaſt ſevere ones; becauſe, when it
pitches to the foot, it will there find a paſſage
and a conductor. The laſt can never be ef-
fectually remedied without a renovation of
joints, ligaments, membranes, &c. The doc-
tor, likewiſe, ſubmits three particulars to my
determination, ſuggeſted by his apothecary;
the expediency of *cooling phyſic*, *bathing*, and
getting *twelve ſtrokes of the pump on each knee*,
twice a week. As my anſwer is connected
with the general ſubject of this pamphlet, I
ſhall take the liberty to ſubjoin it, and ſo con-
clude. It is contained in the two following
paragraphs: ——

"It will be your misfortune, my dear
"friend, to look forward to any period, when
"you ſhall have the entire uſe of your limbs.
"The weakneſs you lament, is the effect of
"former

" former fits; ariſes from rigidity; and this
" again from chalky concretions, which can
" never be removed, as they are incapable of
" being looſened, attenuated, and abſorbed.
" Bathing, and ſtrokes from the pump, may
" be an *amuſement*; but till they give you
" new joints, new knees, and new ancles,
" they will *only* amuſe. To weakneſs from
" ſudden paralytic contraction, or temporary
" ſpaſmodic conſtriction, theſe may be effec-
" tually applied. In your caſe, nothing but
" gentle motion from exerciſe, and flannel
" wrapt round your knees, will ever be of
" ſervice."

" With reſpect to the other particular
" referred to me, I would obſerve, that *cooling*
" *phyſic* is an arbitrary term: cooling phyſic
" may have *warming* effects; and warming
" phyſic *cooling* effects. Many gouty and
" rheumatic patients are treated with ſa-
" line mixtures, and neutral purging ſalts.
" What is the conſequence? Why—perio-
" dical acceſſions of ſymptomatic fever, and
" great internal heat. How is this accounted
" for?

" for? Eaſily. Such medicines are ſure to " relax, to weaken the ſtomach and bowels; " whereby the gouty or rheumatic acrimony " is diffuſed through the ſyſtem, but parti- " cularly ſolicited to the internal parts, in- " ſtead of being concentrated to a point, by " forming the *podagral Gout*.——The art of " phyſic is injured by not taking a liberal and " comprehenſive view of it. Inſtead of this, " practitioners are carried away by the *ſound* " of terms, from the *properties* of things; and " preſcribe to the *name* of a diſorder, inſtead " of preſcribing to the *nature* of it."

It may be neceſſary to add, that, inſtead of two, I might have adduced *twenty* caſes, to ſupport and recommend the practice of *Bliſtering* in the Gout. I have them by me, attended with a great variety of anomalous ſymptoms, which tended to diſguiſe, but not to alter the nature of the diſorder. Such is my opinion of the ſafety and utility of the practice, that I am convinced many lives, valuable to the ſtate and to ſociety, might have been, and may be ſaved, by a reſolute trial of

Bliſtering,

Bliſtering, inſtead of medicines poured into the ſtomach, *according to art*, which have failed ten thouſand times. Hurt it cannot do, if the conſtitution is not *rotten*: good it has a general chance of doing. However, I ſubmit myſelf, for better information, to the *experienced* and liberal critic.

FINIS.

MANCHESTER MEDICAL SOCIETY

ERRATA.—Page xxv, line 5 from bottom, before heart, read *his*. Page xxxi, line 4 from the top, after inlarged, read *upon*. Page xxxviii, line 10 from the bottom, dele *but*. Page xl, laſt paragraph, for Capters, read *Chapters*. Pape 43, line 5 from the top, for thouuht, read *thought*. Page 66, line 6 from the top, for miſerrim ecruciantur, read *miſerrime cruciantur*. Page 77, line 4 from the bottom, for int he, read *in the*. Page 78, line 5 from the bottom, before are, inſert *they*. Page 95, line 11 from the top, dele *vers*. Page 101, line 10 from the bottom, dele ſ in *paroxyſm*. Page 106, line 6 from the bottom, for bocome, read *become*. Page 132, line 4 from the top, (Note) for anamolous, read *anomalous*. Page 157, line 4 from the bottom, for *in*variable, read *variable*. Page 160, line 11 from the top, for Pill. twice, read *Pil*.